

Attention Deficit Hyperactivity Disorder

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Hyperactivity

- Hyperactivity can be described as a physical state in which a person is abnormally and easily excitable or exuberant. Strong emotional reactions, impulsive behavior, and sometimes a short span of attention are also typical for a hyperactive person. When hyperactivity starts to become a problem for the person or others, it may be classified as a medical disorder. The slang term "hyper" is used to describe someone who is in a hyperactive state.

Signs of hyperactivity

- Strong emotional reactions
- Impulsive behavior
- Short span of attention (attention deficit)
- Child is not able to plan his own activities
- Can't do more than 1 thing at the same time
- Problems with concentrating
- Do not notice details

Signs of hyperactivity

- Easily distracted
- Disorganized
- Do not tend to finish activities
- Forgetful
- Difficulties with mental activeness (learning problems/difficulties)
- Restlessness (already seen in early childhood)
- Sleeping problems

Hyperactivity and other disorders

- Boys have it more often than girls
- Usually, while the kid is growing, these features change or disappear.
- Up to 75% of hyperactive kids may have some other psychic problems also. Hyperactivity is very often related to depression, behaviour problems, anxiety disorders and scholastic skills (they don't do that well in school).

What causes hyperactivity?

- Children who are bored, are suffering from mental conflict (can lead to hyperactivity)
- Heredity (if someone from your family or relatives have it, you have a greater chance to have it also)
- Differences in the way people's brains work

What causes hyperactivity?

- Puberty (children start acting differently)
- Problems at home (sexual abuse&other problems with family members)
- Eating too much sugar (chocolates/sweets or soft drinks)
- Artificial food colours

What can be done to help reduce hyperactive behaviour?

- Sometimes medicine can help a kid take control of his or her behavior, but only a doctor can decide if ADHD medicine is needed.
- Family needs to be very patient and supportive.
- Explain to the kid what hyperactivity is. Talk to your children about it and his feelings.

What can be done to help reduce hyperactive behaviour?

- Teachers and parents really need to work together. Strong cooperation is necessary in all cases.
- Praise the kid if they do something very well. They might try to do it again some time later.
- Cooperate with psychiatrist.
- Think about special schools where teacher know how to react with such kids.

What can be done to help reduce hyperactive behaviour?

- Motivate children with ADHD constantly
- Hyperactive kid needs individual teaching and curriculum (not possible in every public school)
- Punish only if kid deserves it and make it clear why are they punished; while panishing it is essential to think about their especiality (choosing the methods according to that)

ADHD

- No one gets ADHD on purpose, so it isn't ever anyone's fault. And ADHD isn't contagious — you can't catch it from someone like the flu.

Who should notice a problem?

- In early childhood doctors and parents should be the ones who notice that there is something wrong with kid's behaviour.
- In school teachers should be the ones who see the problems and talk about it to the parents and recommend different solutions and experts.

In conclusion

- Kids who have ADHD are not bad, lazy, or stupid. They have a disorder that means they might have problems paying attention or sitting still in their seats. They can also act on impulse — this means doing things without thinking about them first. Kids with ADHD may spend a lot of time in the principal's office. Sometimes they do things that cause them to get hurt. They might change their friends a lot.
- <http://www.youtube.com/watch?v=A82YDBKJYC4>

■ Any questions?

■ Thank you for paying attention!