

Is it just kid stuff, or is it ADHD?

As a parent, you'll probably be the first one to notice if your child has problems paying attention. And if it happens often enough, you may wonder if it's something more. All kids can be energetic or distracted, and sometimes they forget things. But if that type of behavior becomes a pattern, you should learn about attention deficit hyperactivity disorder.



Photo above by KatarzynaBialasiewicz, below by Ridofranz, courtesy iStockphoto

Quick facts on spotting ADHD:

1 Children with ADHD might daydream a lot, forget things, talk too much, or have trouble concentrating or getting along with others. Three key symptoms are lack of focus, restlessness and being impulsive.



2 Boys are three times more likely to be diagnosed with ADHD than girls. But girls have it too. Sometimes the symptoms are misread.

3 If you suspect your child may have ADHD, the first place to start is with your family doctor. Your physician might find other medical reasons for the symptoms, such as needing glasses.

4 If your child is diagnosed with ADHD, your health provider will recommend treatment. That could be behavioral therapy, medications or both.

5 Parents can learn how to make life easier for their child with ADHD. Limiting television time and praising positive behavior can help children relax and not feel so overwhelmed by things.



>> For more information on ADHD, visit www.cdc.gov/adhd