

April 2018

West Niagara Psychology Centre

www.westniagarapsychology.ca

Attention Deficit Hyperactivity Disorder (ADHD) in children.

ADHD is one of the most common disorders among children, evident in approximately 5% of school age children in Canada. As the name indicates, ADHD is characterized by clinically significant symptoms pertaining to hyperactivity and/or inattention that impact the child's academic, social, and developmental functioning.

The core symptoms of ADHD are hyperactivity, impulsivity and poor attention regulation. For example, children with ADHD may run and climb excessively, or have difficulty playing or engaging quietly in leisure activities. In addition, hyperactivity may also be expressed as excessive fidgeting, the inability to sit still for long in situations when sitting is expected (at the table, in a movie, in church), or being on the go all the time. Impulsivity may be expressed as impatience, acting without thinking, spending impulsively, and sensation seeking behaviours. Children with more pronounced inattentive symptoms struggle with distractibility, disorganization, being late, being bored, need for variation, difficulty making decisions, lack of overview, and sensitivity to stress.

Children with ADHD often struggle with co-occurring difficulties with learning, anxiety, and mood. Effective treatment is dependent on determining the underlying and main contributing factors to a child's struggles. Because there are a number of other disorders that mimic ADHD and coincide or are co-morbid with ADHD, proper diagnosis is essential to proper treatment.

If you suspect that your child suffers from ADHD, contact your doctor or seek assessment/treatment from a Psychologist. Assessment includes review of development and history of concerns and standardized assessment. ADHD is treatable in children and adults! Behavioural therapy, Cognitive Behavioral Therapy, and pharmacological treatments can be very effective in developing the skills that may be more difficult for an ADHD brain to grasp.

Quote of the Month

Hyperfocus is like an ADHD superpower – the unique ability to focus wholly and completely for hours on end. ADDitudemag.com

ADHD RESOURCES

Books:

“Taking Charge of ADHD” by R. Barkley

“Your Defiant Child: 8 Steps to Better Behavior” by R. Barkley

“Executive Functions” by R. Barkley

Websites:

www.additudemag.com
www.caddac.ca

APPS: RescueTime
Focus@Will

WHAT'S NEW IN GROUP?

Two groups starting again in April/May: Circle of Security and Worry Warriors. Visit www.westniagarapsychology.ca to learn more. Call now to express your interest or to reserve your spot. Space is limited.