

ADHD, a New Beginning

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What is ADHD? How to find out if your child is one the 5% of children coping with attention deficit and hyperactivity disorder?

How do you go about treating the disorder, is there a way of dealing with ADHD without the need for drugs?

According to the diagnostic and statistical manual of mental disorder, ADHD affect 5% of all children and 2.5% of adults, and it's genetic, and can be found in close relatives.

Most successful method of treating ADHD is with cognitive behaviour therapy, behaviour modification technique, this form of treatment has been proven to help children and their parents live normal life.

50% of children with ADHD show signs of autism spectrum, that is some signs of autism.

To find out more, have an ADHD test for your child, or start treatment, please write us to info@mindminders.org or call our helpline on +44 2081 335525 or +201028408240.

Here are some signs of ADHD for home assessment.

Part One

The first part of the ADHD test covers signs of distractibility.

1. My child has trouble paying attention.
2. My child makes careless mistakes.
3. It's very difficult for my child to stay focused on homework or other tasks.
4. My child rarely completes an activity before moving to the next activity.
5. Even when spoken to directly, my child seems to not listen.
6. My child is disorganized and even with my help can't seem to learn how to become organized.
7. My child loses things necessary for tasks or activities, such as toys, homework assignments, pencils, books, and so on.
8. My child tries to avoid activities or does them grudgingly when they require sustained concentration and a lot of mental effort.
9. My child frequently forgets to do things, even when constantly reminded.
10. Even the smallest distractions throw my child off task.
11. My child has trouble following instructions and finishing tasks.

If you checked off five or more symptoms - and these symptoms have been a persistent problem interfering in your child's life at home and at school - he or she may have inattentive type ADHD. It would be prudent to talk with a physician or a licensed mental health practitioner.

Take this form with you to the doctor's office. Treatments are available for ADHD in children that can reduce substantially these neurologically based behaviors.

Part Two

The second part of the ADHD test covers hyperactivity and impulsivity.

1. Sometimes my child acts as if she/he is driven by a motor and is constantly "on the go."
2. My child always seems to be squirming in the chair or fidgeting.
3. No matter how hard he tries, my child has problems remaining seated even when she/he is supposed to — he/she gets up, runs around, or climbs during class or in other situations where one should stay seated.
4. My child talks a lot, even when she/he has nothing much to say.
5. My child often interferes in the classroom because s/he has difficulty engaging in quiet activities without disturbing others.
6. In class or at home, my child blurts out answers to questions before they are fully asked.
7. My child has difficulty waiting patiently to take turns, and frequently butts ahead in lines or grabs toys from playmates.
8. Sometimes my child seems intrusive. She/he interrupts constantly other peoples' activities, conversations, and games.

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