

# Attention Deficit Hyperactivity Disorder

**Also called: ADHD**

Is it hard for your child to sit still? Does your child act without thinking first? Does your child start but not finish things?

If so, your child may have attention deficit hyperactivity disorder (ADHD for short.)

Nearly everyone shows some of these behaviors at times, but ADHD lasts more than 6 months and causes problems in school, at home and in social situations.

ADHD is more common in boys than girls, and it affects 3-5 percent of children in the United States.

The principal characteristics of ADHD are

- Inattention
- Hyperactivity
- Impulsivity

No one knows exactly what causes ADHD. It runs in families, so genetics may be a factor. A complete evaluation by a trained professional is the only way to know for sure if your child has ADHD.

Treatment often includes medicines to control symptoms. Structure at home and at school is also important. Parenting classes or behavioral therapy may also help.



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