

Mom Can I Be Fixed? 'ADHD' Your  
Child Needs Your Immediate Attention...



"Are Prepared? Do You Need Help? Look  
Inside and Understand What Your Up  
Against..."

*by Terry Clark*

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ADHD ~ Resources and Help Recommendation



## #1. A Brief History of ADHD

Many people feel that ADHD is a disorder that has come about just recently, but this is simply not the case. It has been around for far longer than people realize. The only difference is that it was not called that name in the past. It has been called various different names over the years.

When a similar condition was first documented back in the early 1900's in Britain, there was a disorder that was called a Defect of Moral Control. It was related to the impulsivity that comes along with ADHD. The doctors back then felt that some people simply had issues that were beyond their scope of control.

Then, in the 1920's, there was more documentation produced on similar issues. This is when it was called post-encephalitic behavior disorder. This disorder was very similar to ADHD, with impulsivity, hyperactivity, and inattentiveness being the most common signs and symptoms.

In the 1930's, a doctor actually decided to use stimulant medications to help treat children that had hyperactive behavior. So why would doctors want to give hyperactive children a stimulant? Well, the medications actually have the reverse effect on children that have ADHD. They would stimulate children and adults that are normal, but they work the other way round on patients with this disorder.

Later on, in the 1960's children were still diagnosed with this hyperactivity disorder. They were taking stimulants more and more. Most doctors called the disorder minimal brain dysfunction or hyperkinetic disorder in childhood. They still had not coined the term ADHD.

By the 1980's, the term "attention deficit disorder" was finally coined. The children could either have this disorder with hyperactivity or without it. At this time, children were either diagnosed with ADD or ADHD. This is just like how it is to this day, although there have been a lot more studies and a lot more research done in regards to this subject.

As you can see, ADHD is not something that has just recently come to be. It has been around for many years, but has not always had the same name. Don't think that it is something that is just now affecting children for some reason or another, because that is simply not the case.

With that being said, ADD and ADHD are commonly misdiagnosed in children. Some children may have other conditions, such as Asperger's Syndrome, and it may be diagnosed as either one of these two. This is something that parents of children should definitely consider if they have received a diagnosis and still have concerns.

## #2. ADHD and the Benefits of Exercise

Children that have ADHD can definitely benefit from exercise. Most children that have the disorder can also benefit from following a special diet. This helps to ensure that their digestive system is working properly.

Eating right is not the only thing that should be done. Exercise is also very important. Here are a few benefits that come along with exercising.

First and foremost, exercising helps to boost the immune system of children. When children are active, they don't have a weak immune system. They will not have colds as often, they will also not have as many allergies. It can help them recover from illnesses quickly. Exercising leads to an overall feeling of health and wellness.

Next, exercise can help to reduce the level of stress in children. Children that have ADHD will oftentimes have a lot more stress than the average child. This is due to the fact that they constantly have to change their routines in order to adapt to life around them. Exercise helps to minimize the negative effects of stress on their little body.

Exercise can also help them to use up their abundant energy. It is no secret that children with ADHD are usually hyperactive and have more energy than the average child. With that in mind, it is important for them to release that energy. What better way to do this than getting out there for some exercise?

Children with ADHD will also find that they feel better with exercise. This is because they have more oxygen and nutrients transported to their brain. They have a greater amount of blood flowing through their body. This means that they are able to think faster and they are also able to focus and concentrate better. That means that they will be able to do better in school.

Getting exercise will also help children get a better night's sleep. They will be more active and this means they will be tired and will be able to fall asleep and stay asleep throughout the night.

Finally, you will also see that the endorphins that are released when kids exercise help to improve their overall mood. They will feel better. They will be happier and have more positive emotions.

As you can see, exercise can greatly benefit children with ADHD. If you have a child with this disorder, then you might want to consider getting them to be more active each day, which can help to improve their condition.

### #3. Bringing Up a Child with ADHD

When you have a child that has ADHD, it may be difficult for you to cope with day to day life. Peaceful life is not the norm when dealing with a child that has attention deficit hyperactivity disorder. While it may be hard to cope with things, it is definitely possible. The key thing is to take some time to learn different ways to parent your child. You will soon discover that it is much easier to manage the youngster.

First and foremost, you will want to make sure that you stick to a routine. When a child has ADHD, it is oftentimes easy for them to get sidetracked. If you have a routine that you follow each day, you will find that you are able to keep them on track most of the time. Things will become habits for them, and it will make your days go much more smoothly.

Once you have set a routine, you will also want to consider using behavior charts at home. Many of the schools will have a behavior program that your children follow during the day. They may earn stars for good behavior, etc. When they get



a certain number of stars, you can then reward them with a small toy from a "treasure box". This makes it fun for them, and it also helps to keep them motivated to display their best behavior.

If you have a child with ADHD that likes to throw temper tantrums, the best thing that you can do is simply ignore them. This is only going to work if they are not doing something that will harm them or someone else. If they are doing something that could be potentially dangerous, then you will want to get them to stop and take time out. Timeouts work great for kids, but only if you use them correctly.

As you are probably well aware, dealing with a child that has ADHD can be very difficult. It is really a good idea for you to get control over the situation early on. Otherwise you could really have your hands full as the kid gets older.

Don't forget that ADHD is not the end of the world. Your child is still able to live a very happy life. They will just have to be taught to deal with certain situations the right way, instead of channeling their energy in the wrong way.

#### #4. Can ADD or ADHD Actually Give You an Advantage?

Many people that suffer from ADD or ADHD find it to be something that is life altering. The reason for this is that they discover that they are unable to deal with the symptoms. It therefore becomes something that affects their ability to live and function normally.

The truth is that some people that have ADD or ADHD don't see it as suffering at all. Some of them actually feel that they are at an advantage. How is this possible?

First of all, you have to understand that you have ADD or ADHD and you have to actually accept it. If you cannot accept it, then it will not be possible for you to view it as an advantage. So many people view it as a curse, but sometimes you just have to see the silver lining in certain aspects of life.

The best way for you to discover the advantages of your condition is has to do with sitting down and making a list of the things that you do that are very easy for you to do. For instance, some people that have ADD or ADHD may be great problem solvers. If this is the case, then you will find that your condition can actually be a talent enhancer for you.

Next, you will want to make sure that you see which parts of daily tasks are easy for you to do, and which ones needs more work. There may be aspects of the disorder that reduce your quality of life, and if you can pinpoint them, then you can correct them on your own. This is something that adults with ADD or ADHD are beginning to understand a lot better as they get older.

Another thing to consider is the range of positive moments in your life. If you focus on the positive things that you do in relation to your condition, you may notice that you have a lot of accomplishments that you would not have been able to achieve.

ADHD may be something that you just have to deal with throughout your entire life. The important thing is to understand it and uncover the advantages. Then you will be able to have a much happier and much more productive life. Indeed, the really crucial thing is for you to feel good. Just because you have such a disorder this doesn't mean that you don't have the same chance in life as everyone else does.

#### #5. Can Food Additives Cause ADHD?

According to the latest statistics, around 11 per cent of all school children have been diagnosed with attention deficit hyperactivity disorder (ADHD). The percentage is certainly alarming especially given the fact that these children require special support in order to fit into their environment and do well in school and in life. Many parents are concerned about the causes of the disorder and want to know whether food additives can be blamed for this. Read on to find out.

Extensive research is carried out to identify the causes of ADHD. So far, there is no solid evidence for either one of the speculated causes of the condition. Food additives have been extensively tested as well. Currently, researchers cannot conclude with any kind of certainty that these chemical compounds can cause the disorder. However, they have found that some of these food ingredients can have an adverse effect on the behavior of kids and cause them to be hyperactive. Given this, it is possible for these compounds to make the symptoms of a child with the disorder worse.

The main food additives which may enhance hyperactive behavior in ADHD sufferers include FD&C yellow number 5 and

number 6, FD&C red number 40, D&C yellow number 10 and sodium benzoate. FD&C yellow number 5 is clearly marked on food labels but there are no requirements for the other coloring agents on the list to be marked as well. This means that a parent may end up giving their child food which has the potential to aggravate the kid's hyperactive behavior.

Given that foods with the additives described above can have a harmful effect on ADHD sufferers, they are recommended to avoid all products with yellow and red coloring. This coloring is generally easy to notice in sweets of different types, in yogurt and in juices.

Another method which parents can try is to make a diary describing the child's reaction to different foods. The drawback of this method is that it can be fairly subjective since there are other factors affecting the behavior of people with the disorder. Generally, it will be a good idea for children with the condition to eat a healthy diet with more natural foods like fruits and vegetables and fish rich in omega-3 fatty acids.

Overall, it is thought that it is not possible for food additives to cause ADHD. However, they make some of its symptoms worse. That is why parents should watch out for them.

#### #6. Can Kids Just Grow Out of ADHD?

Some parents wonder if their children will be able to outgrow ADHD. Is this really possible? It is difficult to say for sure whether or not children can just grow out of

their condition. Let us take a closer look at the matter to see just how probable a cure really is.

First and foremost, it is important to understand that children with ADHD usually have a different brain than children that don't have this disorder. There are differences in the brain that can cause them to be hyperactive, inattentive and impulsive. These are three of the characteristics of ADHD in children.

What about ADHD in adulthood? Parents worry that this disorder is going to be something that will affect their children throughout their whole life. Well, the truth be told, there are far many more children that suffer from this condition than there are adults. Why is this? Some of it has to do with the fact that it is diagnosed far more often than it used to be. Just how many of these children will actually continue to be affected by the disorder in their adult years?

When children have ADHD, they must first be treated for it. Some children are treated with stimulant medications while others take non-stimulant medications. There are also children who may just go through certain types of behavioral therapy in order to overcome the issues that they face. The key is to make sure that you focus on ways to overcome the issues early. The earlier this is done the better. When children are treated early, they are usually able to do better later in life.

Why do patients with ADHD seem to have more issues when they are younger than they do when they become adolescents and young adults? Most people will find that their children are able to cope better as they become older. This has a lot to do with their maturity level. When they are more mature,

even though they may still suffer from the disorder, they will usually not have as many issues with it.

As you can see, ADHD can be something that follows you into adulthood. The good news is that most children that are affected with it will lead a normal and happy life as they get older. This is due to the increase in their maturity level. Additionally, girls will mature faster than boys and this gives them more of an advantage to try to cope with their condition as they get older.

#### #7. Can You Control ADHD with a Special Diet?

So many people have tried one method after the other to get control over ADHD symptoms. More people are veering away from medications and looking for a more natural approach to treating this disorder. This is sometimes a great idea. While medication may be necessary for some people, others have found other methods that work great for them. Trying a special diet may be a great idea.

The most common diet used for ADHD is GFCF (gluten free casein free diet). It requires you to cut out all gluten and all casein from your diet. There are more foods out there that contain gluten and casein than you would realize. This can make this a difficult diet to follow. The good news is that there are a lot of support groups out there on the web that are full of great recipes and meal ideas for foods that are free of gluten and casein. After all, there are a lot of people out there that are trying to take a more natural approach to treating the disorder as well. It is worth mentioning the fact that a gluten free casein free diet can be beneficial for almost everyone, not just those that have ADHD.

If you want to give it a try, you may want to consider looking at the food in a health food store. You can find many cereals and other types of food in a gluten free casein free form. When you do this, you will be able to still eat foods that you enjoy, but without the gluten and casein. This also makes it a lot easier for you to get your children used to the diet. For example, most cereals that you find in your local grocery store have gluten, but you can look on the health food aisle and find a brand that is gluten free and casein free. It may taste a bit different, but it is usually still very good.

When you prepare your grocery list, you will want to make sure that you check online to pinpoint all the foods that contain gluten and casein. It can actually be a bit discouraging at times, because it will cause you to have to mark a lot of your favorite foods off of your diet. Just remember that it will pay off when you see the difference that it can make in both children and adults that suffer from ADHD.

#### #8. Career Advice for Adults with ADHD

Adults that suffer from ADHD will find themselves having a hard time when it comes to planning and managing their career. Studies have shown that many adults with this disorder find it more difficult to get a job compared to other adults. While this is really not surprising, there are things that can help adults that have ADHD to be more successful with their careers. Here are a few tips to help you out.

First and foremost, you should take a look at your job history. When you look at your past experience, you can determine what you enjoyed about your job and what you didn't. This will help you get a better idea of the type of job that will suit you best. You may have had a job that had a repetitive routine, and that may have worked best for you. You will need to look for a job that you will enjoy. Is there a better way to do this than to determine what you didn't like about past jobs?

Next, you will want to take a look at your strengths and weaknesses. If you know what you do best and what you need to work on, you can find a job that will be well suited for your strengths. The truth is that even adults that do not have ADHD will not be great at every single thing.

Another good idea is to look into your contact network. Most good jobs are going to be found through a network or through word of mouth. Talk to the people that you know and find out what job positions they know of. If they can put a good word in for you, then you will be at a better advantage than other applicants.

If you already have a job, but you are having a hard time with it, then you may need to make a few adjustments. Some people with ADHD do better when they are able to set their own hours and to be their own boss. Others may not be as good at this type of job, because they are unable to motivate themselves to stay on track.

Contract work may be a great idea. It is much more flexible than a regular 9-5 job, but it does not require you to be totally self motivated. It may work out for many adults with ADHD. Just remember that there is a job out there that will work great for you.



## #9. Children with ADHD Can Have Success in School

So many people think that just because a child has been diagnosed with Attention Deficit Hyperactivity Disorder, or ADHD, they will automatically be a failure in school. This is a stigma that many children with the condition have, but it is based on opinion instead of fact. The truth is that every student, whether they have this disorder or not, has the potential to excel in their studies. While it may take a bit more work for children with the condition and it may be frustrating at times, it is still possible.

The key thing is to always have faith in your child even if they have ADHD. You don't want them to think that you don't believe in them. If you don't believe in them, then they will not believe in themselves. This can prove to be quite a challenge at times, especially if you are at your wits end. Just remember to always believe that they can achieve anything they set their mind to - and they will.

The next thing that you need to do is to make sure that you keep ADHD under control. Some parents will control it with medications, while others take alternative approaches to it. The truth is that the treatment method that works for one child may not work the best for another. With that in mind, it is very important that you seek treatment that will be effective for your child. You don't want to let it get out of hand, or it may be even harder for the youngster to excel in school.

Another great way to keep your ADHD child focused on their studies is by making learning fun. Education does not have

to be boring. You can turn studying into a game that they will enjoy. If children are having fun, chances are they will put more focus and attention on the work than they would if they got bored with it. Turn it into a game, and you will see immediate improvements.

If your child is still having issues at school, you may want to consider taking them to see a tutor to help them with their school work. This can help them to grasp concepts that they are having a difficult time understanding. Putting some extra time and effort into their studies will not only be beneficial for the kids, but it will also be beneficial for the parents. It can definitely help to reduce the stress levels and help the child with ADHD learn that they can succeed in school.

#### #10. Common Behavior Issues in ADHD Children

Most parents of ADHD children will notice that their youngster experiences behavioral issues. This is usually the first indicator that there is a problem. Some children will be hyperactive, not follow directions well and may even be aggressive at times. So how do you overcome these behavior issues so that you can make your life a bit easier? Here are some tips that you can consider.

First and foremost, don't just go straight for ADHD medications. While medication may be necessary for some, it is not necessary for everyone. Also, you will have to realize that no matter what you do, there will still be some behavioral issues. You may just not have them as often as you would if you didn't treat it.

Many parents will threaten their kids to try to get them to behave. This is usually not the best approach in this situation. Threatening seems easy enough, especially if we are in public and willing to do anything and everything in order to get our child to behave. The problem is that most people yell or shout at their kids while they are threatening them. This only brings the adults down to the same level their child, and it really does not give the kid the best example to follow.

The best thing to do is try to get your child to calm down before you handle the situation. We can get them out of the public eye and talk to them on their level. We can discuss the issues, and try to find out what caused the meltdown. Then, we are able to find out what we can do next time to try to avoid this type of behavior all together. It is definitely a good approach to take.

ADHD children need a pattern in their lives in order to solve their issues. Using behavioral therapy is not only a great way to get them to have fewer behavioral issues, but it is also a great way to help them be better off in society.

As you can see, behavioral issues are very common in children that suffer from ADHD. The key thing is to make sure that we notice the behavior patterns and try to break them. It won't be an easy task, but it is necessary if we want to see an improvement. Make sure that you focus on ways to promote good behavior rather than poor behavior.

## #11. Common School Problems Children with ADHD Have

Many children that suffer from ADHD have issues at school. There are a lot of different issues that these children may experience. Many people feel that there is not really much that you can do in order to help these children succeed in school. This is actually not the case at all. Firstly, we will take a look at the various different issues that children face and how they can overcome them.

### Lack of Focus

Perhaps one of the most common school issues that children with ADHD experience is a lack of focus. Many children with this disorder cannot pay attention for very long periods of time. They find it difficult to stay focused on their school work, and this can really affect their grades. When children with this condition are treated with medication to help them focus, they will often times be more successful in school. Some children do not take medications, and in this situation it is necessary to have a strict schedule.

### Hyperactivity

Many children with ADHD are hyperactive during the school day. They will sometimes have issues when it comes to sitting still. This can lead to them getting in trouble in the classroom. It can also disrupt other students in the class. With that being said, it is really important to get a control over the hyperactivity before it becomes an even bigger issue.

### Behavior Issues

Some of the most frustrating issues that children with ADHD

experience are the so called behavioral issues. Some children that suffer from this disorder will have behavior outbursts. Some of them may even get violent when they are having an outburst. This can not only put them in harm's way, but it can also be dangerous for the other children in the classroom.

As you can see, ADHD can cause several issues in school. The key to overcoming the issues at school is to create a schedule and stick to it. That way, there will be no unexpected events throughout the day that will throw the child off track. With distractions and other unplanned events, it can make it really difficult for a child with this disorder to adapt.

Medication may also be necessary for ADHD. You should take the time to learn more about the different medications that are on the market these days. You are sure to find that something will work for your child, whether medicinal treatment or holistic approach.

## #12. Common Side Effects of ADHD Stimulant Medications

Most of the medications that are commonly used to treat ADHD are stimulant drugs. There are some non-stimulant drugs out there that are sometimes used, but the most common medicines are stimulants. Many parents feel that these medications are the only way for them to control their child's condition. The only issue is that these parents often don't take the time to learn more about the side effects of these medications before they give them to their children. Here are the common side effects that you should consider.

First and foremost, a stimulant can often cause sleeplessness. This is due to the fact that it is a stimulant. It sometimes keeps kids from being able to go to sleep at night. There are some ways around this, but they are not always proven to be effective. Some parents have more luck when they give their children the medicine very early in the morning. Other parents may give their children something to help them sleep, such as Melatonin.

Another common side effect is a reduced appetite. It may be accompanied by an upset stomach. When a child is on a stimulant medication, they will oftentimes find themselves not hungry. They may lose weight because they do not want to eat as much as they used to. This is usually not too much of a concern, unless your child begins to lose too much weight.

Stimulant medications can also cause the child with ADHD to be more thirsty than usual. This is because it commonly dries the mouth out. It may be a good idea for parents to keep water by their child's bed at night in case they wake up thirsty.

Negative changes in the emotional behavior can also be a common side effect. When the stimulant medication begins to wear off, it can sometimes cause emotional outbursts. This can be a serious issue in some cases. The best way to avoid this issue is to stick to a routine so that everything is expected each day. This can help to avoid many of the emotional behaviors that ADHD children exhibit.

As you can see, taking stimulant medication does have side effects. Some children may experience more of these side effects than others. It really just depends on how the child reacts to the medication. You may want to discuss this with

your doctor before you get your child on the medication. This will help to ensure that it is safe for your child.

### #13. Does Psychotherapy Help with ADHD?

Ritalin, Strattera and Adderall are the common medicines used to cure ADHD. However, the long-term use of these medicines may bring a change to the functioning of the brain and to the behavior of the patient using them. In order to avoid side effects, doctors also prescribe psychotherapy to create a balance between the drug and its side effects.

The psychotherapy for patients suffering from ADHD is completely different from the regular therapy. According to leading psychotherapists, the long talks that are common in a regular treatment do not work for patients suffering from ADHD. People with the symptoms of ADHD need concrete and practical help.

Forgetfulness, disorganization, inattentiveness, and memory loss are the main factors that really interfere with the improvement in patient. It is important for patients suffering from ADHD to improve their efficiency at work. Though this may be tedious, it is necessary that they show commitment in order to overcome ADHD, which is mainly treated as a change in the moral conduct of behavior. Many psychotherapists also share that many patients suffering from ADHD are well aware of all the things that they should be doing. They also understand the problem along with its solution. However, they find it difficult to cope with the situation as they often carry out an action without thinking.

Though there are not many psychological therapy sessions as part of the treatment to cure ADHD, there have been some promising results. The question is whether we can really cheer about including psychological therapy session as part of the treatment of ADHD. According to a study carried out in the year 2006, there has been a great improvement in patients suffering from ADHD when the treatment included the use of both medicines and psychotherapy. Psychotherapy also proves to be a successful alternative treatment for patients who have shown little improvement with the use of medicines. Psychotherapy may make it easy for a patient to avoid suffering from the various side effects associated with the use of the commonly prescribed medications.

People who find it very difficult to get organized find a way to perform every action in an organized manner with the help of psychotherapy. An ADHD patient requires visual and auditory signals to remember or perform an action in a specific procedure. Most psychotherapists use these tools in order to create a systematic approach to a specific action or remember a set of actions. The therapist may offer a variety of recommendations to a patient. The level of specification greatly helps a patient overcome their ADHD.

It is easy for a psychotherapist to identify a specific problem in an individual suffering from ADHD. It also helps the patient understand the changes in behavior they are currently experiencing. By combining medication with psychotherapy, it is possible for a doctor to make it easy for the patient to understand the behavioral changes. This greatly helps them to reduce their frustration level that is often a major symptom in people suffering with ADHD. Patients learn various strategies which they need to use in order to get rid of frustration after performing an action. Psychological therapy makes it easy for a doctor to find out the specific behavior problem and carry out a treatment to change it.



The therapist also induces all the required knowledge that is necessary for an individual to understand the effects that ADHD has on daily life. As people realize the side effects of the disorder that they are dealing with, they show better response to the treatment by accepting the fact that it is a medical condition and not due to a personal failing. This is very important as the patient shows improvement in their physical behavior and responds positively to a small dosage of medicines.

Psychological therapy has a great effect on the symptoms of ADHD. It is possible for a patient to understand their situation and improve their skills. The therapist often performs various activities in order to induce the right amount of positivity that counter-attacks frustration and negative thinking.

The inclusion of psychological therapy into the treatment of ADHD has provided great results. There is a great opportunity for doctors to reduce the use of Ritalin, Strattera and Adderall when they combine psychological therapy with medication. It also reduces the side effects that one experiences with the use of medicines in the long run to cure attention deficit hyperactivity disorder.

#### #14. Effective Ways to Get Your ADHD Child to Sleep Better

Many children that have ADHD will have a hard time sleeping at night. This can cause a lot of issues for them during the day time. That is why so many parents look for ways to help their children get a better night of sleep. If your child is having a hard time sleeping at night, and you are

at your wits end with it, then you may want to try these helpful tips. It may help to improve their behavior during the day, and it may also help them to focus better at school.

First and foremost, you will want to set a bed time routine for your ADHD child. If you do this, then your child will know that bedtime is near. You may want to start by having dinner followed by a wind down period, a bath and a bedtime story. You should try to avoid letting them watch TV or play video games at least one hour before bed time. It has been proven that this keeps the brain active and makes it harder for them to fall asleep.

Once you have a routine in place, if your child is still having a hard time sleeping you may want to consider giving them something to help them sleep. Some parents will use Benadryl, but this is really not the best option, especially for an ADHD child. Something that is natural is often much more effective. Some parents have had a lot of success when using Melatonin to help their child sleep.

Another option that you have would be talking to your child's doctor. They may be able to give them a prescription for a medication that will help them wind down at night and fall asleep. The problem with many of these medications is the fact that it makes it much harder to wake them up in the mornings when it is time for school. Some parents have found prescription meds to be great, while others didn't like the effects that they had on their children.

As you can see, there are definitely some great options available when it comes to helping your child get a good night's sleep. When they have ADHD, their brain is usually in hyperactive mode. You must find a way for them to get

out of this mode in order to get a good night's sleep. It is not always the easiest thing to do, but you will certainly succeed if you are patient.

### #15 FAQ about the Top ADHD Medications

Before you let your child start taking ADHD medications, you may want to take the time to look at the most frequently asked questions. You will most certainly find the answers to the questions that you have about the medication. Here we go:

Is ADHD medication necessary?

The majority of people, both children and adults, will find that ADHD medications help to treat their symptoms. Research shows that medication can help, when it is combined with some type of behavior modification therapy. This is often the most effective way to treat the disorder.

Why were most ADHD medications not prescribed years ago?

Medication for Attention Deficit Hyperactivity Disorder has been around for many years. The problem is that disorder was not as well known as it is now. There has been a boom in the number of diagnoses in recent years. There are, however, some medications that are more popular than others.

What types of meds are used for the treatment of ADHD?

The most common active ingredient that is used for the treatment of the disorder is known as methylphenidate. This is the chemical compound that most of the medications contain. It can be found in Ritalin, Concerta and several other medications. Another medication that is used often in the treatment of the disorder is Adderall. It has four amphetamine salts. Generally, all medications for treating the condition are either stimulants or non-stimulants.

Should the dosage be continually increased as the child gets older?

This is a myth. Many people feel that children should take more ADHD medication as they get older. This is not always the case. While the medicine may need to be adjusted until doctors decide that it is effective, it does not mean that children will need more and more for it to continue to be effective.

Can ADHD medications be abused?

Absolutely! Most of the medications that are used to treat the disorder are considered to be Schedule II medicines. This means that they have a high likelihood of abuse. People have definitely overdosed these medications, but they are most often abused by people that do not have the disorder.

These were a few of the most common questions regarding ADHD medication. If you have more questions about it, then it is a good idea to talk to your doctor. You should not give your child these medications without being well aware of

how they work.

## #16. Holistic Treatments for ADHD

Many people wonder if they can use holistic treatments to cure ADHD. The key thing is to understand that holistic treatments are not used to simply resolve a certain issue. They are actually used to help the whole body.

When children are diagnosed with ADHD and a holistic treatment approach is taken, it will not only affect the physiological state of the patients, but also their social, mental and physical state. No medications are taken when going by a holistic treatment plan.

Holistic treatment is sometimes called alternative medicine. There are so many people out there that are focusing more on holistic treatment than medicinal treatment. This is due in part to the positive results seen when using holistic treatment. So, what type of holistic treatment can be used for treating ADHD?

Firstly, it may be a good idea to get your child to see a therapist. The specialist can use this time to help eliminate some of the stressors that the child has. This can help to improve their behavior, and the way that they feel. Another great way to treat the condition is through diet. You can use diet and nutrition to help modify the effects that the disorder has on the body. Nutritional supplements are also a great option.

Why would parents want to seek holistic treatment for their child with ADHD? Well, the answer to this question is rather simple. Most parents have heard about the dangers associated with the stimulant medications that are so often prescribed to children with this disorder. While medication is necessary for some children, others may benefit more from holistic treatment.

When you first start a holistic treatment program, it may be necessary to use some other type of medication until this treatment begins to work properly. Talk to your child's doctor about your options, and if they feel that you shouldn't just jump straight into medication, you might want to listen and take their advice.

When you talk to parents that have taken a holistic approach for treating their child's ADHD, you will find that many of them have had a lot of success with it. This could be your story as well. Don't just go straight for medication right after the diagnosis. After all, your child may not really need it in the long run. The disorder may be something that you can control without the use of stimulant medications and other invasive treatments.

### #17. Home Remedies for ADHD

Attention Deficit Hyperactivity Disorder (ADHD) is a mental problem that shows certain symptoms in the sufferer around the age of seven. Then it typically sticks around for the rest of an individual's life. So far there has not been a situation in which the problem has just gone away completely but there are ways in which the condition can be controlled, and controlled well. The result is that the child or the adult suffering from it can go out doing things in a regular

manner, without the ADHD causing any troubles.

When it comes to treatment, there are mainly two ways in which it can be done. One is the allopathic treatment while on the other hand there are the home remedies. If one is to ask which one works better, the answer is that it all depends on the individual case and also what one is comfortable with. When it comes to the allopathic medication, the cost is going to be really high, especially if it is combined with psychotherapy. This is not just the case with ADHD, but something that happens with all the medications and treatments for other mental health issues.

Given the high cost, it is important that people have alternative ways in which they can manage this problem. After all ADHD is an illness that is going to be there for a very long time and it is not possible for everyone to manage such high costs on a daily bases. So when one is looking for alternatives, the ones that work best are the home remedies.

There are many things that go in favor of the home remedies for the treatment here. First of all as mentioned earlier they are going to cost you much less compared to the other treatment medication. Secondly, they are very easy to get and make at home with ingredients that are so commonly used. The best part here is that these remedies don't have any sort of side effects at all. So let's look at some of the most popular home remedies for ADHD that have been in use for a very long time.

At the top of the list is a treatment that is quite popular among the users - fish oil supplements. One tablespoon of the supplement every day in the morning before breakfast is going to help you treat ADHD in the simplest of manners.

The taste factor becomes a problem for some kids because the taste is quite blank but the solution here is that they be fed something nice after it. With time they will get used to the taste and there won't be any problem.

The other home remedy that has worked for many of the people with this disorder is to take green oats pills. They have worked amazingly well for the people having problems managing their ADHD. The technique here is that they should be taken like regular oats once a day and usually at the start of the day. With time the results are going to become quite clear.

There is another very effective treatment but if that is to be applied on kids it should be ensured that the parents exercise effective monitoring. The remedy that is being referred to here is the good old caffeine. Adults can have it and they will see that it helps them manage their problem in a very nice and tasteful manner. However, when it comes to kids the overdose of caffeine can turn harmful, given that they are at such a young age. Age seven and on is the growing age and overdosing of anything is likely to cause a lot of harm.

All the remedies that have been mentioned here are quite easy to get and to use. There are not going to be any troubles in finding the products as they can be found in any of the stores where you regularly go shopping. When applying these remedies to kids, it might take some time for the children to get used to them because they need to develop the taste for these things. So hold on to your patience and give the home treatment some time in order to get the most amazing results.



## #18. How about ADHD in Adults?

ADHD is the short form for Attention Deficit Hyperactivity Disorder. This condition is commonly found in children. Though it is common in them adults suffer from it too. When it is diagnosed in one's childhood, the symptoms are quite different and therefore, are managed accordingly. These children when turning into adults are then well adjusted to the issue and so are the people around them. All of this is of great help in the long run as people know what to do at which times and how to manage the difficult situations.

Having said this, it should also be pointed out that not every case ADHD is diagnosed at the right time. The result is that these children grow up without the issue being identified. During adulthood when the symptoms become much more obvious, the problem is identified. This does not imply that during the adulthood the symptoms are so obvious that they can be detected quite easily. In fact the opposite is the case. There are many silent ones as well and to look for them at times gets really hard.

The most obvious symptoms that you will find in adults are mood swings. They will also get bored quite easily. Focusing on any one thing for a very long time is not really possible for them. Added to these key factors that not only very close people can identify, some other factors that are easily seen include the fact that these individuals fail to keep their appointments. This is not something that they do because of their mood swings, but it's just the fact that they are not able to remember stuff like this as all the other adults are. Being constantly late is another sign that can help identify the problem of ADHD as well.

These are some of the signs that are out there in the open

to be looked at. However, as stated earlier, many of the symptoms are not so obvious and they need to be looked at really closely in order for one to be able to identify them. Many of these factors are considered just part of the personality of an individual and therefore, not much attention is given with regards to the fact that the person might be needed help with a mental health problem.

One of the major factors is that the person is not able to get organized for anything. The other very important factor that comes under this category and that is usually ignored as a pure weakness of a person is the adoption of addictive behaviors. This addiction can be anything from a mild thing to extreme drug abuse. The problem can become very serious if the person is not given help at the right time.

Given the symptoms that one comes across in an adult, it is obvious why identifying the disorder is the key problem. Often, the people around the sufferer keep on reinforcing the fact that the issue is not of a medical nature but a personality flaw only. However, this attitude needs to be dropped and the people need to look at issues in a much more sympathetic manner.

So if you know someone who is showing these symptoms, the right way of doing things is that you encourage them to see a doctor and let the professional give the final verdict on the condition of the person. Doctors are trained to gather a person's history and see the pattern of any problems so that the ailment can be identified. Thus, when a sufferer of ADHD is taken to a doctor they are not just going to give a look at the current situation but will go as far back as the individual's childhood to mark out what is going on in their life.

When it comes to cure and treatment, adults don't get a different treatment from what children are given. They are treated with the same medications and other psychological treatments that are offered to the kids because in the end the root issue are the same. The good news is that adults with ADHD can realize their problem and work effectively to manage it and reduce it as much as possible.

### #19. How ADHD Changes as You Get Older

When children are first diagnosed with ADHD, it may be because they have certain behavioral issues at school. Parents find that their children are getting in trouble often and having a hard time focusing on their school work. Since their behavior is not their best, they may even have issues when it comes to their grades at school. This is all very typical for a child that suffers from this disorder.

What happens as the child gets older? Most children don't just "grow out of it". In fact, most children will still possess some of the same signs and symptoms of ADHD as they grow up and enter adulthood. This, however, does not mean that there are not some significant changes and improvements made.

Most people will find that ADHD gets better with age. This has a lot to do with maturity as well. As children mature, their behaviors will usually reflect that maturity. That does not mean that they don't still have the same issues when it comes to paying attention, but they are definitely not as impulsive as they once were.

ADHD in adults is still very common, even though it is more often seen in children. This has a lot to do with the fact that the symptoms and signs are much more prevalent in children. This is the age in which the disorder is noticed most often. The behavior issues are usually the first things that make doctors perform a test for the disorder.

What about adults that didn't have an ADHD diagnosis as a child, but received one later? This condition is something that is much more common in this day and age than it used to be. It is not because it didn't exist. Rather it was just not something that was commonly tested for. With that being said, many adults that have the disorder actually had it as children, but didn't notice it until they were much older. It may be that their parents never noticed their symptoms.

ADHD in adulthood is usually not accompanied by the same behavioral issues. This is a very good thing. That means that adults that have the disorder can still hold down jobs, and they can still fit into society just like adults that don't have the condition. They just need to work harder to focus more and ensure that they are successful in college and in their careers later in life.

## #20. How ADHD is Diagnosed

It is no secret that there are a lot more diagnoses of ADHD in this day and age than there used to be. Why is this? What does it take to diagnose this disorder? Don't all kids misbehave from time to time? Don't all kids have a short attention span? What determines if one child has this condition and another does not, when all children exhibit characteristics of this disorder at some point or another?

Well, to answer these questions, you must first understand what this disorder really is.

ADHD is a disorder that is common in children. It causes them to be hyperactive, impulsive, and inattentive most of the time. The key phrase here is most of the time. Children will have these symptoms sometimes, but a child with ADHD will have these symptoms all time. With that being said, it is important to realize that you cannot diagnose ADHD unless the symptoms have been around for 6 months or longer.

The most common way to diagnose ADHD these days is through a simple written test, followed by a face to face evaluation of the child. The doctor will send a lengthy survey to the parents, and also send one to the child's school teacher. This form will be completed and returned to the doctor. Then the doctor will tally up the test results and provide the parent with a brief summary of the report.

The doctor will sit down with the child and interact with them face to face for a short amount of time. They will play certain games with them and observe their behaviors. During this time, they will notice key factors that are apparent in children with ADHD. This helps them with their diagnosis, since they cannot diagnose it through the tests alone.

As you can see, there are several steps involved in testing for and diagnosing ADHD. If you feel that your child may suffer from this disorder, then you will want to first talk to your child's pediatrician about it. They will be able to refer you to someone that can test for it and provide you with a diagnosis if it is in order. Don't just let your child continue to suffer from this disorder without having them tested. This can really affect them in the long term. The sooner you have the condition diagnosed, the better off

your child will be.

## #21. How College Students with ADHD Can Do Well

If you have ADHD and are getting ready to go to college, there are a few things that you will want to keep in mind in order to be successful. Some college students will find themselves having poor grades if their condition is not in check. This is because there are many tasks that must be done in college. Some teachers may require you to read long books, and this can be exhausting to someone that suffers from this disorder. The key thing is to stay actively focused, but how do you do that?

First and foremost, you will want to start by surveying the materials that you must read. You will need to scan the material and pay attention to anything that is written in bold. This will help you to sort and process the information more easily. You should also get as much information as you can out of the charts and other pictures included in the material.

Next, you will want to ask yourself questions about the material. There may be questions at the end of the chapters that you can focus on. Using these questions will help keep your mind focused on the task at hand, and it will also help you to remember much more of the material when it comes time to take the test.

Finally, you will want to make sure that you are reading and understanding the important material. You may want to ask your teacher to provide you with a study guide that will

help you retain information for tests and quizzes. This will help to ensure that you have better grades in college.

Studying may prove to be difficult if you have ADHD, so you might want to consider joining a study group. When you study with others, there are other people there that can help keep you on track when you start to wander off mentally. You can help each other actually.

Another thing to consider is a routine. ADHD students must have a routine if they want to be successful. This will not only make it easier to stay focused and on track, but it can also help to ensure that you get enough sleep each night in order to be mentally prepared for the next day at school.

You shouldn't skip college just because you have ADHD. Just remember these tips and use them to help you excel in your college courses.

## #22. How Does Genetics Relate to ADHD?

ADHD is not really caused by a single factor, most researchers agree. There are many different causes out there that can lead to this disorder. One of these includes genetics. While the experts have not come to a decision on a single cause of this disorder, there are many factors that can lead to it. Genetics is obviously not the only thing that can be a factor for the condition, but it can be one of the leading factors.

Many researchers have done studies to see what causes ADHD.

They have not found there to be a specific gene that causes a child to get it. So, how can they tell that the disorder is genetic? It is very clear that it is a leading factor given the fact that most people with the condition have someone else in their immediate family that has also been diagnosed with it. For instance, about a third of all dads that have the disorder have a child that is also diagnosed with it.

So, what does it mean when ADHD is just inherited? Most of the studies show that some children's brain tissue is thinner than others. This is especially true in the area of the brain that controls the attention span. With that being said, it can cause developmental delays in this area of the brain. Well, can it ever be corrected?

The good news is that people who have genetic ADHD may be able to get rid of it. Most of the children that have this condition due to hereditary factors may find that the tissues in their brain start to thicken up later on in life. This can help to reverse a lot of the issues that they face and in turn help to "cure" their condition. The disorder really has no cure, but in some people it corrects itself.

As you can see, genetics can definitely play an important role in ADHD. If your child has been diagnosed with it, then you may want to take a closer look at other members of your family to see if they experience it as well. If so, then it may be a hereditary concern. If not, then it may be caused by some other factor.

Just remember that it is not a guarantee that genetic ADHD will correct itself over time. This is just speculation made by many researchers. Don't give up on treating the disorder and don't rely solely on medications to help you



out with it either.

### #23. How Kids with ADHD Can Get Better Grades

Does your child suffer from ADHD? Do their grades suffer due to this? If so, then you may want to consider working with them to help them improve their grades in school. There is no reason why a child should be getting low grades just because they have this disorder. Here are some tips to help you get started.

First and foremost, you should talk to your child's teacher to see what the problem is. It may be that they are not focusing well enough in school in order to make the grades that you will find acceptable. It may be that they are having a hard time grasping the material. No matter what the reason is, your child's teacher will usually be able to tell you why they are not doing their best. Chances are they have great potential, but they are just not working up to it.

Next, you will want to talk to your child about your concerns. They may or may not be very concerned when it comes to their grades. Some children are, while others don't really care too much. If they are making poor grades, then you may want to offer them rewards for good grades. This will give them greater incentive. It will give them a reason to care more about it. By doing this, you may find that their grades improve without much effort on your part.

If your child does not understand the subject matter that they are going over in school, then you may want to consider hiring a tutor to work with them. This can be very effective

for children with ADHD because it gives them that one on one instruction that they need in order to be successful in school. While it may cost you some money, it is well worth it for them to improve their grades and get a better education. It is an investment in their future.

Another thing to consider is using medication or another therapy to keep your child's ADHD symptoms at bay. If they are having a hard time focusing due to their behavior or their impulsivity, then they may not be able to make great grades. When you treat the symptoms, their grades may begin to improve all on their own. It is definitely worth a shot. As you can see, there are many things that can be done to help your kid improve their grades.

#### #24. How to Cope with Children Affected with ADHD

ADHD is mostly identified during childhood. A child often exhibits the symptoms of ADHD when they reach the age of seven. It is important for parents to understand the fact that their children are different and should find an alternative way to treat them.

Apart from medication and psychotherapy, there are certain parenting tips that will help them cope with the entire situation. Parents play a major role apart from medication as they make it easy for a child to overcome their daily challenges. Understanding the changes in a child at an early stage will be helpful in treating ADHD in the proper way

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1. It is necessary for parents to stay healthy and positive. It is a common thing to worry about the changes of physical

and emotional health in a child. Parents should act positively and control their fears in order to create a positive influence on the child. A child responds well to the challenges associated with the presence of ADHD when they are in a positive environment. Parents should treat their child with common sense and positive attitude. Parents should create a fun and entertaining atmosphere within the house. Maintaining a sense of humor plays a major role in bringing down the level of symptoms of ADHD.

2. There is a possibility for a child to complete a set of tasks when they easily predict the pattern. Parents should create a system for all the important things in the life of the child in such a way that the child knows exactly what they are doing. This is a major advantage as it brings down the level of frustration, depression and anxiety in a child who is suffering with symptoms of ADHD.

3. Creating a specific set of instructions makes it easy for a child to follow a specific behavioral pattern. These rules or instruction should be simple. A child should be able to understand them in order to follow them. Parents can display the rules in such a place that a child can easily study them and understand them. Children suffering from ADHD often respond to instructions that are rewarding. Rewarding a child for completing a task or for following the rule is a great way to improve their behavior pattern.

4. Parents should actively praise a child for completing a task or following a set of instructions. Positive reinforcement is a great way to deal with children displaying the symptoms of ADHD. There is also an improvement in the behavior of the child when they receive positive reinforcement. Rewarding or a positive comment will help these children overcome their impulsive nature. Rewarding them for every small task greatly improves the behavior change in a child who is suffering from ADHD.

5. Signing up the child to participate in some kind of sport helps improve their strength and concentration levels. Parents should understand this fact and should enroll their child in a soft sport that improves strength and gives the ability in a child to concentrate. A better exercise of the body leads to a better sleep. There is also the possibility to reduce ADHD symptoms in a child when they receive a proper sleep. Yoga and martial arts enhance self-control as the workout is in different postures.

6. Making a change to the diet of the child is necessary for reducing the symptoms of ADHD. Eliminating caffeine is important as it plays a major role in aggravating impulsive nature. Parents should spend quality time with their child that helps them develop a good bond. This is necessary to reduce the effects of an impulsive nature. Encouraging a child in a quieter activity is a great way to induce calmness into the impulsive nature.

7. Parents should teach their children about social networking. Interacting with other children will help a child understand how to mingle with others in the society. They might feel difficult to talk to as they often interrupt, talk too much or become aggressive at times. However, parents should create a friendly environment that makes it possible for a child to meet new people. Children with symptoms of ADHD are usually more intelligent than the average for human beings. It is possible for them to figure out an appropriate way to spot and mingle with other children.

Parents play a good role in reducing or eliminating the presence of ADHD in their children. By following the aforementioned tips, there is a possibility for parents to induce positive self-control in a child who otherwise finds

it difficult to perform many simple tasks as they are affected with ADHD.

### #25. How to Detect ADHD Early

When you detect ADHD early and have an active diagnosis, the treatment methods will produce much better results than they would if it were not caught until later. There are a variety of symptoms that are characteristic for this disorder. Most of the time, parents are not informed correctly about its symptoms. This can lead to improper treatment of the condition. In this day and age, more and more children are being diagnosed with the disorder. With that in mind, it is very important to have a keen awareness on the subject.

One of the first symptoms that parents see in children with ADHD is hyperactivity. If your child finds it difficult to sit still, or they are very restless, then they might have this disorder. Some children will even talk nonstop or move around all the time, and it may seem that they have an endless supply of energy.

Another common symptom is inattentiveness. Most children with ADHD will have a lack of attention. They may find it not to be very easy to concentrate. Some children may even get lost in their own daydreams. This can make it really difficult for them to follow instructions. Children will oftentimes get very bored with their school work as well.

Children that have ADHD may also be very impulsive. They might make the wrong comments at the wrong times. This is

because most children with the condition have very little to no control over their own emotions. Children that are impulsive will usually have a hard time taking turns and sharing as well. This can cause them to have social and behavioral issues.

Just because a child is hyperactive, inattentive and impulsive at times does not necessarily mean that they have ADHD. In order for them to be diagnosed with the disorder, they must have consistent symptoms for 6 months or more. Don't just assume that because your child has an outburst every now and then they have the condition.

The sooner you can get a diagnosis for ADHD, the better. This will really help out a lot when it comes to treating the condition. When doctors are able to get in there and work on behavior modification at an early age, patients are much more likely to overcome the issues that come along with the disorder so that there won't be an issue that affects them as they get older and into high school and early adulthood.

## #26. How to Know Your Child has ADHD

When it comes to mental health issues of any sort and especially ADHD, the key problem is that most of the time people don't know or treat the issue as a medical concern. Most of the time the person suffering from a mental health issue is looked down upon while the problem is considered to be some sort of a personality flaw that the person is blamed for in the end.

This is a very wrong approach for handling these issues because they don't help solve the issue but end up just adding more and more to the problem. Therefore, the first thing that needs to be changed here is the fact that people need to stop looking down on individuals who are coping with any sort of mental health issues. This is the last thing that they need when they are fighting a major war on their own with something that they didn't ask for.

The reason for saying all of this in the start is that when the problem is with the kids, this situation gets worse. Mostly what parents and people around the kid do is consider the problem as some issue with the personality of the kid. Therefore, most of their focus goes into disciplining the kid in an attempt to stop them behaving the way they do.

When the kid does not stop, the punishments are increased by the notch every time without any success. The reason for this is that the problem is not in the attitude but someplace else. So the thing to do is that their attitude needs to be treated as the symptom it is, and not the cause of the problem in the first place.

One of the mental health issues that many children suffer from is ADHD or attention deficit hyperactivity disorder. As the name might be giving the hint, the symptoms of this problem mostly end up being treated as personality and attitude flaws. The kid is considered to be lacking basic social skills. In all of this, the kid is being further thrown into the dig and in many cases it becomes too late for recovery.

Here are some of the things that the kids suffering from ADHD are regularly seen doing. These are common signals of attitude problems. A major one is that the kids get bored

easily. They are not able to focus on one thing for a very long time. These things are generally considered by parents as playing tricks. Now this might indeed be the case but this is happening a lot and not in the normal range of kids throwing tantrums at times, the next move should be to see a professional and get help.

The other major sign is that the kids are not at all organized. Generally the lack of proper organization is something that is treated as a normal thing in kids. However, kids suffering from the problem show clear signs of this problem by not even getting remotely close to doing anything in an organized manner.

These factors should be treated as a problem sign if they appear both together or separately. If the regular reprimanding is not working, parents should take their child to the doctor. Generally, the worst case scenario is when all of these indications are there together. If this is the case then there is just no justification for the fact that you ignore the signs and keep treating the situation as if there is nothing wrong. The outcomes are then going to be on you and not on someone else.

Good parenting requires good observation ability in addition to many other things. Kids are not always open about their problems because half of the time they are themselves trying to make sense of things. Therefore, it all comes down to being attentive. The parents have to have the eye to know what is going on even when things are not so open and clear. It is understandable that all of this is not easy and should not be expected to come as natural to all the people, but then who said that parenting was going to be easy. So when one has the responsibility one needs to make the effort and try to do as much as possible to help the child get better and have a better life.



## #27. How to Manage the Violent Outbursts Associated with ADHD

If your child has ADHD, then you have probably noticed that sometimes they have violent outbursts. This is something that can really become an issue in school children. You don't want your child to have these outbursts at school and inadvertently hurt themselves or someone else. You need to find ways to control these outbursts and have them occur much less often.

You may want to start out by getting a referral to a behavioral therapist. They will be able to work with you to determine what methods work best for your child. They will sit down with your child and discuss things with them and learn more about how they respond to certain things. This will help you out tremendously when it comes to gaining a better control over their behavior.

If your child is having outbursts, then you may need an immediate plan for action. For instance, some parents find it best to isolate their child when they are having a tantrum. While this may be a good idea in some cases, it is not suitable in all cases. If your child is doing something that may hurt them, then you will not want to leave them alone for any reason. You may need to put them in a chair and have them sit there until they cool down. What do you do if that is not an option? What if they won't listen to you at all? This is where it gets really difficult.

Some children that have ADHD will have more violent

outbursts than others. This can prove to be very frustrating for the parent. With that in mind, you don't want them to just continue their behavior. You need to find a way to nip it in the bud. If necessary, you may have to forcefully restrain them. Just remember that you must not do it in a way that will cause them harm.

Before you allow yourself to get frustrated with your child to the point of exhaustion, it is a good idea to discuss your options with their doctor. You may need to get them on a stimulant medication that will help to control their behavior. You may also want to consider other approaches that will help them. With time and effort, you will soon see that the outbursts are few and far between. You just have to motivate yourself to make progress with your child with ADHD.

### #28. How to Organize Kids with ADHD

While growing up, children need quite a lot of attention. Ask any parent and they will testify to the fact that parenting is not an easy task at all. That is why when the first child comes, it is said that the parents' lives are going to change forever. Before the kids it would be about you but after the kids come, you will be completely devoted to them. It is always about them and how you need to manage them and their constant needs. All of this madness is normal when one becomes a parent. However, when your kid requires extra care and attention because of some problem that they suffer from, this responsibility increases by a great deal.

This is the case with the parents whose children suffer from ADHD or Attention Deficit Hyperactivity Disorder. The key problem is that the kids are not able to maintain their focus

on one thing and therefore, they require a lot of help and attention in getting organized. This problem has nothing to do with pure development, so those suffering from it might be slow at times but this does not mean that they are unable to do the stuff that other children their age can do. The slowness is again because of the fact that they are not able to keep their concentration levels up so the organization that is needed to do the things on time is missing.

The key thing necessary to help these kids is the understanding of their nature. You will realize that the kids need to have a more than regular and very efficient system for organization so that they can keep up with what is going on at school and around their other activities.

The best way of going about this organization system is to make sure that the kid develops a habit of writing everything down. Teaching them to jot down everything is going to get them organized and also enable you to make sure that you are up to date as to what is going on and what you need to do in your own part.

For school, you should get the kid a notebook for everyday. In the notebook, the kid will write down all about the homework for every class. When there is no assigned work then the note book should mention this as well. After every school day this notebook should be checked by the parent so that he or she knows what needs to be done.

In the house, the bedroom of the child is the place that needs to be properly organized to ensure that all the things are in place and thus, nothing gets misplaced or lost. You should start with this early as the lack of organization will be a problem later on. For this, it is important that

the room is equipped with the right kind of stuff. The boxes and drawers should be such that different things can be sorted according to the materials and other similarities.

Another spot that needs to be kept in good order is that of the study corner that the kid is assigned. Depending on the nature of the kid, if he or she wants a quiet environment for concentration then give a separate space either in the kid's own room or someplace else in the house where all the extra supplies needed for homework are stored and the corner is clean and organized. Teach the child as to how they should manage their things so that they remain organized and the outcomes are as needed.

The same principles should be used for organizing the extra-curricular activities of the child as well. This is going to make sure that they do not miss out on anything that is required for a good childhood experience. All of this is going to require a lot of effort and input from the parents.

It is certainly not easy to start the process, but you should stay positive. If things are done in the right manner and your child is taught management skills, with time they will take on the responsibility and you won't have to worry about this stuff any more. The child will have all the skills that are needed.

### #29. Managing ADHD in Adults

When it comes to ADHD in adults, there are many things that should be considered. This condition is well known in

children of all ages, but what about adults? Most people that have it are hyperactive, inattentive and impulsive. A little over half of the children that have this disorder will carry it over into their adult years. During childhood, more males than females have this condition. In the case of adults, the ratio is a bit more even.

Most of the time, adults that have ADHD have a hard time remembering things, following directions, organizing things, and completing things that they have started doing. If these issues are not managed, then there can be severe issues with their emotional stability, academic success, social status and behaviors. That is why it is so important to manage the disorder early on.

What if the diagnosis was not made during childhood? How is ADHD diagnosed in adults? It can be diagnosed in a variety of different ways. In children, the disorder is commonly diagnosed with a series of questionnaires. While this same questionnaire is not really effective in diagnosing it in adults, certain behaviors can be observed to determine whether or not this condition is a concern.

There are other tests that can be done as well. For instance, sometimes IQ testing, EEGs, CT scans, and MRIs may be administered. So, what do you do when you get an ADHD diagnosis during adulthood? It cannot be cured, but it can be managed and controlled. With that being said, adults that suffer from this disorder can still lead a normal and healthy life.

The key thing is to make sure that you focus on ways to treat your ADHD and make it more manageable. When visiting your doctor, you should have them conduct an assessment to determine what management method will work best for you.

Some people may use behavior management techniques along with dietary changes instead of taking medication.

As you can see, there are ways to cope with ADHD during adulthood. You simply have to focus on ways that you can improve your self esteem. You need to manage your stress and overcome issues in the workplace, home life, and social life. If you follow the orders given by your physician, you should be able to go through your life just like any other adult.

ADHD does not mean that you will be limited throughout adulthood. It just means that you must make some changes in your lifestyle in order to be successful in life.

### #30. Managing Students that have ADHD

Teachers will often find themselves frustrated when they have a child with ADHD in the classroom. In this day and age, many children are diagnosed with this disorder. With that in mind, it is safe to say that most classrooms will have at least one child that suffers from it. So how do you go about managing these students so that they do not disrupt the entire learning process? Here are a few helpful tips.

First of all, it is important to gain a better understanding of what ADHD really is. Everyone knows what it stands for. It is attention deficit hyperactivity disorder, but what is it really? Many people feel that it is just a disorder that comes about due to an unhealthy living environment, bad parenting, low income, high stress, bad nutrition, or even pure laziness, but that is not the case at all.

There is really not a definite cause of ADHD out there. Most people say that it has something to do with the way the brain works. There are a lot of factors that can increase the risk of this disorder including head trauma, pregnancy issues, illnesses and genetics.

#### Determining Whether or Not a Student has ADHD

Some students may come to class with an ADHD diagnosis. Other children may not have a diagnosis yet, so it is important for teachers to be able to tell if a child has the disorder or not. There are many tests that can be conducted by psychologists to help diagnose the condition, but there are also some symptoms that will cause people to believe a student has the condition before the tests have been conducted. Students with the disorder may be interruptive, inattentive, forgetful, unorganized, distracted, fidgety, talkative, restless and impatient.

If you notice that a child in your class has ADHD, you may want to follow these steps:

- Make your rules very clear and specific.
  
- Work following an effective schedule.
  
- Focus on new approaches to learning.
  
- Make classroom rules very clear.

- Don't put a lot of distractions in the room.
- Acknowledge their behavior.
- Model the behaviors that you want the children to exhibit.

These are just a few of the common ways in which teachers are able to manage the ADHD students in their classrooms. The good news is that these methods also work for children that do not suffer from the disorder. It is really just a good idea for all children to have basic rules, behavior modeling, and affirmation.

### #31. Occurrence of ADHD and Its Common Causes

ADHD or attention deficit hyperactivity disorder is a mental disorder. People with this condition often find it difficult to control their impulsive nature, emotions and behavior. The time of occurrence of the disorder and its symptoms vary from one individual to the other.

ADHD is mostly discovered during childhood. According to the Diagnostic and Statistical Manual Version IV Text Revision, the presence of symptoms of ADHD is highlighted in a child when they reach the age of seven. There is also a possibility for the occurrence of mild symptoms of the disorder during early childhood. However, most people seek treatment only when they reach adulthood.



At present, there is no separate syndrome category to diagnose ADHD in adults. The symptoms of ADHD in children are often taken as the base and adapted to treat the syndrome present in an adult. The use of the symptom specification helps a psychologist to understand the development stage of the adult. There is a great difference between the symptoms of an adult and a child. They differ in the type of functioning area of the brain that plays a major role in executing a control functioning of the entire body. The syndrome is often diagnosed in adults at the workplace or in the social arena.

According to the diagnostic and statistical manual, the symptoms ADHD which an affected individual exhibits are as follows:

1. It becomes difficult for an individual to pay close attention to any detail. They are often found making mistakes as they perform an action without thinking.

2. People experience anxiety and frustration, as they are unable to fulfill a task due to lack of concentration. It becomes difficult for them to sustain attention. They easily give up on the task and find themselves in the situation of depression and frustration.

3. There is the possibility for an individual to drift away during conversations. Patients do not understand that they are drifting away and often find themselves in a situation where they do not possess the required information.

4. The presence of good listening skills makes it easy for an individual to follow a given set of instructions. As there is reduced focus or attention, reduced memory power

makes it difficult for them to follow directions.

5. Improper time management, disorganized workspace and cluttered rooms are other signs of the condition. There are areas that the person finds a difficult to organize. In short, ADHD makes it impossible for a person to lead an organized life.

6. The person often shows procrastination wherever there is the need to make a mental effort.

7. It is easy for an individual to get distracted from their work.

8. There is also the possibility of missing deadlines, dates, important events, bills, phone numbers and keys.

Here are symptoms experienced by people with impulsivity ADHD syndrome:

1. People suffering from impulsivity ADHD syndrome often display restlessness and anxiety. They often play with their hands.

2. As an individual is hyperactive, it becomes difficult for them to sit at a single place and concentrate on an object. They often move from one location to another in a hurry.

3. As they are highly energetic, they are often seen

climbing or running excessively. Presence of hyperactivity in a child makes them perform on common activities. However, presence of hyperactivity in adults is more subtle.

4. People suffering from impulsivity ADHD syndrome display recklessness. They also behave in such a way as if they are being driven using a motor. They display risk-taking behavior.

5. Their hyperactive nature makes it impossible for an individual to have self-control. They are often seen with racing thoughts that do not have any proper base. They also perform activities in a hurry without thinking about the causes and effects.

6. Their hyperactive nature makes sufferers a lot less patient than the average person. This makes it impossible for a person to wait beyond a specific time limit. They would like to perform on the activities at first without being in a queue or wait for their return.

7. Inappropriate comments and losing the ability of self-control make them interrupt others in different situations. They do not feel awkward and instantly jump at the situation to speak or perform an act that creates interaction to an event.

### #32. Primary School and ADHD Students

ADHD is usually diagnosed during the elementary school years of a child. This is especially true in recent years.

There are bound to be a few students in each classroom that have this disorder. All parents want to find a way to help their child through this time in their lives.

School can prove to be difficult for a child with ADHD, especially if they are having a hard time paying attention in class. After all, some of the basic fundamentals of education are learned during these early childhood years. You must help your child make the most out of these years.

One thing that you may want to consider is getting ADHD diagnosed early. The sooner you recognize the disorder, the better off you will be. You can begin to treat it early, which will allow your child to have more success in the primary school years. You may even want to put them on a stimulant medication to help them learn more in school. After all, you want them to do their best, and medication may be necessary.

You will also want to talk to your child's teacher. Find out if they have had experience with children with ADHD in the past. Chances are they have. After all, there are so many children out there that suffer from this disorder. They will usually know what will work and what will not for children with the condition, but the problem is that not every child responds in the same way to certain techniques.

You may need to work out an arrangement with your child's teacher to help them excel in the classroom. This will not only help them in school, but it can also help when it comes to their behavior at home. You don't want to just leave them hanging there with no hope of reaching their maximum potential. So many parents do this, and not because they don't care. They do it because they don't have the patience.

Remember that these primary school years are very important for all children. If you find yourself getting discouraged, just remember that it is all about your child's future. If they cannot get into the routine of school and education early on, then chances are they will have a lot more issues down the road. That is why you must focus on it early and often. Don't just let it slide by until they are adolescents.

### #33. Revisiting the Symptoms of ADHD

Understanding the symptoms of ADHD in its early stages will be helpful for any individual to get proper treatment. There are several treatment options available. Doctors will be able to recommend the best one for each patient based on the specific symptoms which they experience.

L. Alan Sroufe questioned the use of the stimulants Adderall and Ritalin as a medication to treat the symptoms of ADHD in children. Soon after his publication, Harold S. Koplewicz, MD, president of Child Mind Institute, wrote a rebuttal of the article published by L. Alan Sroufe. According to Dr. Harold, stimulants are necessary for treating a child diagnosed with ADHD syndrome. There is still confusion in diagnosing ADHD symptoms and finding out the right treatment.

According to the diagnostic and statistical manual, ADHD is not a disease and is collectively a set of behavioral markers that indicate the presence of mental disorder. There is also a possibility for the occurrence of this disorder due to different conditions. Major symptoms

include emotional trauma, uncontrollable impulsive nature, unbalanced brain development and abnormalities.

However, pharmaceutical industries that have employed a marketing strategy in order to contribute to the misconception of disease state that ADHD is part of the regular psychological and depression conditions. Most of the psychiatric medications were developed by accident. It was possible for pharmaceutical companies to understand the new chemical affects and they were able to hypothesize the underlying disease state. However, they failed to prove that symptoms of depression are caused due to insufficient serotonin.

ADHD symptoms occur because of different processes which take place in the brain. There is a possibility that the currently prescribed stimulants offer relief from the ADHD symptoms. However, according to scientific studies, there is a possibility for these stimulants to act on the symptoms irrespective of the origin of the symptom. Although most medications are proven to be safe, their effectiveness for relieving and eliminating the common ADHD symptoms has not been confirmed yet. Before bringing out the medication into the market, it is necessary for pharmaceutical companies to receive official approval from the FDA. It is only possible when they can show its effectiveness after performing clinical trials.

Dr. Harold states that it is impossible to cure ADHD. However, there is a chance to reduce the hyperactivity disorder by using a proper stimulant and medication. Selecting the stimulant depends upon the symptoms exhibited by a patient. A patient suffering from ADHD exhibits different changes in behavior. They often fall in three different categories - inattentive, hyperactive and combination.

The symptoms exhibited by an inattentive patient are as follows:

1. It becomes difficult for the individual to concentrate on a situation or on an object. They are usually calm but feel helpless, as they are in no condition to concentrate.

2. This disorder creates frustration in an individual. This is because of the fact that they cannot concentrate on any situation. They lag behind in performing an action due to distraction. All these actions create frustration and depression in a person.

3. It is difficult for the person to follow instructions because of the deterioration of their listening skills. The loss of memory power adds to the reduction in listening skills. People often miss out important bits of information related to different actions or works.

The symptoms exhibited by a person with hyperactive syndrome are:

1. Anxiety and depression - Patients with this syndrome rarely feel at ease. They are nervous and have blues frequently. They find it difficult to stay in a single place. They often move from one place to another and showed this pain and anxiety. They would like to perform an action immediately without thinking about the result and its effect.

2. An individual loses control over their behavior. They

also show despair and complete the work at a faster pace without thinking.

3. Due to hyperactivity, patients often interrupt the conversation in different situations abruptly. It is impossible for them to display a good degree of patience. They are always on a high and would like to complete a task, work or an action at a great pace. Due to their impatient nature, they often perform mistakes. They also feel depressed as they are unable to perform an action in the right manner.

Symptoms of ADHD differ from one individual to another. They also differ according to the age of the person. Understanding the characteristics and the symptoms at an early stage will be helpful in scouting for the right treatment. Treatment generally includes the use of medicines and therapy sessions.

#### #34. Signs that Your Toddler May Have ADHD

ADHD is usually not a condition that is diagnosed until a child has started school. However, there are a few signs that may be present in your toddler that may lead you to believe that they have this disorder. If so, then you will want to go ahead and talk to their pediatrician about your options. They may be able to help you get control over the condition before it starts to get out of hand. This is a great way to ensure that you don't have to resort to stimulant medication down the road.

Here are a few of the common ADHD signs in toddlers:



Some toddlers may have an inability to stay focused on one task for very long time. This is a sign that does not always mean that your child has ADHD. After all, the attention span of a toddler is normally not very large. Most of the time they will play with one toy for a while, get bored with it, and move on to the next. If you notice that this behavior continues for a long period of time, then it may be something that you should be concerned about.

Another common sign is irritability. Many children that have ADHD will be irritable more than other children their age. It may cause them to throw more temper tantrums. If you notice that their behavior is not characteristic of other children their age, then you may need to discuss it with their doctor. It may or may not be something that you should be concerned about. Again, it is really difficult to tell because most toddlers will throw a fit from time to time.

Hyperactivity is another sign that most parents see in their children with ADHD at a very young age. Most small children are very hyperactive as it is, but if that hyperactivity continues all day every day there may be an issue.

As you can see, the signs of ADHD in toddlers are not very different from normal toddler behavior. As the children get older and continue to have these same behaviors then it may be worth having them tested for this disorder. It is definitely not something that you should let go on without giving it any thought.

If you are even the least bit concerned that your child may be ADHD, then you will want to start behavior modification therapy right away. It will definitely help to control the

disorder at an early age.

### #35. Taking a Closer Look at ADHD Treatment Options

When it comes to treating ADHD, there are many options available. The key thing is to find the option that will work best for your child. Some people will turn straight to prescription medications, while others may look into other options. Some people get improvement with exercise programs, coaching, behavior therapy, support groups and counseling. Other people may not find these treatment options effective.

When you find an ADHD treatment option that works great for you, you don't want to simply stick to this option. While it may work well for you for a while, it may not help you in the long term. The best thing to do is to combine different treatments in order to assure that you get a good control over your condition.

Using exercise to treat ADHD is a good way to improve your mood and fitness level. Studies show that it can also help children and adults to focus better and this can also help to boost their attention span.

Using a specialized coach to help with ADHD is also a good idea. Many of the coaches help people with the disorder to create a routine and stick to it. They also help to get them more motivated, which in turn helps to keep them on track with their focus.

Medication is often used to treat ADHD. Stimulant and non-stimulant medications are used. Sometimes, positive outcome can be found with these medications, but sometimes they offer a negative experience.

Another option is behavior therapy. Behavior therapies can prove to be effective with most people that have ADHD. When using behavior therapy, a good reward system and consequence system is necessary. The rewards will usually coax the children to have better behavior, and the consequences will usually thwart off misbehavior.

Finally, take a look at support groups and counseling. These are both options that are used often. Most people that join counseling programs for their ADHD problems will be able to work through the condition rather than just simply living with it. Support groups help people to understand that there are others out there that suffer from the same condition.

As you can see, there are a variety of different treatment options when it comes to ADHD. You will want to take a look at all of the options and give them a try to see their effectiveness. When doing this, you will probably find that a combination works best.

### #36. The ADHD Brain and How it Differs from the Average Brain

Did you know that when a brain scan is conducted on someone that suffers from ADHD, there are differences detected in the brain? This is something that research has proven over the years. Let us take a closer look at these differences and how they relate to this disorder. Some people feel that

this is a biological disorder due to differences in the brain. This may be somewhat true but it is not the only reason why the condition is prevalent these days.

First of all, the ADHD brain does not have enough dopamine and norepinephrine. These are two neurotransmitters that are commonly found in the brain. These are the chemicals that actually carry signals from the brain to the cells. If there is a deficiency in these neurotransmitters, then there will be impossible for the brain to function at its highest potential. This may result in inattentiveness, hyperactivity or impulsive behavior, or a mix of all three.

Other differences in the brain include brain hemisphericity. Normal brains will be active on both sides very easily. People that have ADHD will usually have a difficult time activating one side of their brain while the other is working. It is usually the right side that has more of an issue.

There may also be a developmental delay in the brain. Sometimes, a child will have ADHD symptoms because their brain does not develop as quickly as it should. It could be due to an imbalance, or other environmental factors. The key is to gain balance as quickly as possible to allow the symptoms to subside.

Finally, a child may have issues when it comes to sensory integration. They may be unable to process certain sensory information. This can lead to behavioral problems that are usually associated with ADHD.

As you can see, there are some differences found in the brains of children and adults that suffer from ADHD. The

key thing is to understand these differences and use the information to your advantage. If you can regulate the brain, then it is apparent that you can regulate the behaviors. This is what the medications that are commonly prescribed are meant for.

Talk to your doctor for more information about these differences and how they may affect your child. You will be glad that you will have done this, and who knows, you may even be able to help your child overcome their ADHD.

### #37. The Best Diet for ADHD

Many people have found success in treating ADHD with a certain type of diet. So, what type of diet is best for children and adults that suffer from this disorder? Most people stick with a gluten free casein free diet. This is often referred to as GFCF.

Most wheat and dairy foods have gluten and casein in them. These foods have proteins that can be digested improperly by some people and this can lead to a buildup of peptides. These peptides lead to hyperactivity and an inability to pay attention.

Most children that are placed on a gluten free and casein free diet will find that they are far less aggressive. They don't fidget as often. They also don't have a lot of tantrums. While there are medications out there that can do these things, some of these medications can prove to have harmful side effects in children. That is why so many parents are opting for the gluten free and casein free diet

instead of medication. It tends to have success without nasty side effects.

So, why don't more people use the GFCF diet? The answer to this question is quite simple. Most people will find that it is inconvenient to switch to this type of diet. It can also cause a big fight with the kids, especially if they are used to eating certain types of foods. Most of the foods that kids really enjoy, like pizza, ice cream and cake, spaghetti, and other baked goods have gluten or casein.

The GFCF diet can sometimes be easier to implement in children who are younger than four years old. They do not have set preferences yet, and their eating habits can be broken easily. If they are older, then you will run into some resistance with your child. You can either do it cold turkey, removing everything at one time, or you can do it slowly. The problem with doing it slowly is that you don't always see a drastic change in behavior.

Once you put an ADHD child onto the gluten free casein free diet, it is a good idea for you to keep a food diary. Make sure that you notate everything that they are eating. Also, note whether or not you can see a difference in the way that they go about their day to day routine. If you notice a difference, then you are headed in the right direction.

### #38. The Difference between ADD and ADHD

Many people have the common misconception that ADD and ADHD are the exact same thing. The truth is that there are some differences between the two. It is important to understand

the differences between the two in order to effectively manage either one of the conditions.

ADD is known as Attention Deficit Disorder. ADHD is known as Attention Deficit Hyperactivity Disorder. So, what exactly is the difference?

Both ADD and ADHD have the same symptoms, but a major difference is the fact that ADD is a term that has been used for a lot longer. People with any of these conditions may be restless, hyperactive, and may also have a hard time listening and following directions. In children, temper tantrums and outbursts are also very common. The good news is that the medications and psychotherapy treatments for both of these disorders are very similar.

The main difference between ADD and ADHD is that people who have ADHD are more likely to be hyperactive, along with having the classic ADD symptoms. So, how do you go about treating these disorders when they are both so similar?

Many doctors will recommend certain prescription medications for both conditions. Drugs do have their advantages, but they also have their disadvantages. Most of the medications on the market these days work very quickly. With that being said, there are some children that don't respond very well to these medications. Sometimes, medications make the kids behave better, but sometimes they make them act worse.

There are so many different medications on the market. Making the right choice in the beginning is much like trial and error. You will try several medications and find out that they don't work. Then you must change the dosages and

maybe even change the medications until you find something that will work. So, what about those parents that don't want to put their children on ADD and ADHD medications?

There are a lot of ways in which doctors can treat ADD and ADHD. You don't always have to take medication. You can sometimes just make dietary changes. A common diet for children with these disorders is the gluten free and casein free diet. This is a diet that restricts the foods that are eaten, and most people notice behavioral changes when this diet is kept. Natural remedies are used in many cases because of the fear of side effects that come along with meds.

### #39. Understanding Attention Deficit Hyperactivity Disorder

Attention deficit hyperactivity disorder commonly known as ADHD, has been around for a long time. It has received this name only recently, however. In its long existence, the disorder has received a number of names. Its name has been changed often. Any definition of the disorder includes the word inattention or attention.

The first documentation related to the disorder talks about impulsiveness. Dr. Still from Britain diagnosed the disorder and named it as a defect of moral control. According to his belief, a patient who was diagnosed with the disorder had an impulsive nature beyond their control. This document was created in the year 1902. The next written document about the condition talks about similar symptoms. It was created in the year 1922. Given most of the symptoms that are associated with ADHD it was given the name "Post-Encephalitic Behavior Disorder". Most people could



not understand the real meaning behind the name, but it was common during that period.

The main characteristic of ADHD is the inability of an individual to have a constant focus. This has nothing to do with the hyperactivity that is present in many individuals. Apart from the inability to focus, ADHD also increases the inability to control emotions, behavior and impulses. There is also presence of restlessness in adults and hyperactivity in children.

The three main symptoms of attention deficit hyperactivity disorder are distractibility, impulsiveness and restlessness. Over the years, doctors have classified the presence of these symptoms into three different categories - inattentive type, hyperactive impulse type and combined type. The inattentive type disorder in an individual makes it hard for them to focus on an object. Individuals suffering from hyperactive impulse often experience high levels of energy. They find it difficult to stay quietly in one place. They make noises and move from one place to another at a faster pace. The combined type disorder is difficult to describe, as the result of the combination of the disorders can be anything.

According to a recent survey, 75% of all patients suffer from the combined type ADHD. It should be easy for individuals to understand this specific behavior and to check out whether they have the presence of ADHD. In this case, self-assessment is easy and helps an individual understand their behavior in different situations. People who find it difficult to sit in one place, concentrate on a particular object, and do things without thinking, fall under combined type of ADHD syndrome. ADHD definition also includes secondary symptoms.

According to specialists, hyperactivity is the most serious symptom of ADHD. The level of hyperactivity reaches a saturation point creating psychological and physical exhaustion. It is at this point of time that an individual develops virtual hallucinations. These virtual hallucinations develop into secondary symptoms. Individuals experience anxiety, boredom, frustration, feelings of hopelessness, despair, fear, reduced levels of self-esteem and motivation. The symptoms may vary from one individual to another. This completely depends upon the ADHD syndrome they are experiencing and its level of exhaustion. Doctors prefer to carry out a thorough analysis in order to understand the level of severity of the condition of an individual.

The analysis will provide insight into the individual's mental ability and their level of concentration. Based upon this, they would categorize the individual into any of the three ADHD syndromes. It would be easy to identify the best treatment for a doctor to perform on a patient based upon the categorization. It would also help them understand the exhaustion level of the ADHD syndrome in order to prevent the occurrence of secondary symptoms.

It would be difficult to define ADHD in a straight definition. ADHD by definition includes a combined group of primary and secondary symptoms. This condition causes imbalance in the brain and makes it impossible for an individual to have a proper control over their impulsive nature, behavior and emotions.

Diagnosing the disorder in its early stage will be helpful for any individual to receive the right treatment and to prevent occurrence of many primary and secondary symptoms. Dealing correctly with the patient is important for reducing their hyperactive nature and for performing the necessary actions that will provide relief from attention

deficit hyperactivity disorder. Visiting a reputed physicist will be helpful for understanding the specific symptoms of ADHD which a sufferer experiences.

#### #40. Using Behavioral Therapy to Treat ADHD

When it comes to treating ADHD, there are many different options available. Some people have found behavioral therapy to be very beneficial. It is a natural approach that doesn't require any medication. The medications that are often prescribed to children with this disorder can have some serious side effects and many parents don't want to give them to their kids.

Using behavioral therapy will definitely take a lot of patience and time, but it can help the child to overcome their ADHD and live a normal life. The way to have success with this is to set goals that are simple and attainable for your child. It is easy to use these behavior modifications at home, and you will also have success with them in the school setting as well.

Start by providing your child with positive reinforcement. It is a lot easier to get your child to comply with your rules if you offer them special privileges when they do so. You may be able to give them more play time, or even just offer them small things such as candy or stickers for good behavior. The goal is to finally get your child to behave in a way that is pleasing to you without having to offer them a reward. When you use this method, you don't want to offer huge rewards. Small and simple rewards will work effectively.

Another thing to consider is a reward system. This is better for children who are older. You can set up a chart for them and when they reach certain goals, they earn a reward. You can use small rewards, such as taking them out for ice cream or taking them to see a movie that they have wanted to see.

Time out is also a good way to teach your child with ADHD proper behavior. This is something that will help to keep them from having such impulsive behavior. It will give them a time to cool down before they do something that will result in a severe punishment. Some parents try withholding privileges from their children. This works well for some kids, but others may not take to it very well. It is really just a trial and error system.

As you can see, behavioral therapy can definitely work for treating ADHD. You just have to try the things that will work best for your child rather than sticking to a set of rules that may not work for you.

#### #41. Using Medical Marijuana to Treat ADHD

Medical shops across the world have been selling medical marijuana to treat ADHD in both children and adults. Marijuana can be used to make edibles that can then be consumed by children, without actually giving them a marijuana high. Most doctors agree that medical marijuana is not the best way to treat every child, but it does work well for some.

Effectiveness

Most parents who have given their children medical marijuana for ADHD have found it to be highly effective. The effects of this medication may be different for each child. The problem is that there are not enough case studies out there to show the rate of effectiveness in children. As it is used more, there will be a lot more research available.

### Side Effects

As with any medication, using medical marijuana for the treatment of ADHD will have some side effects. These include:

- It can be toxic.
- It can also be addictive.
- It can cause damage to the brain over time.
- It may lead to certain types of cancer.
- It can be hallucinogenic.

### How to Get a Prescription

There are many doctors out there that are unwilling to give a prescription for medical marijuana to a child. They find that the side effects are far too risky. Then, you will find

some doctors that will be quick to prescribe it. If you want to get a prescription for it, then you will need to talk to your doctor. If they disagree with you, then you may want to get an opinion from another doctor.

## Medical Marijuana Forms

There are many different forms of medical marijuana. The only safe form for children is the edible form. There are only certain types of marijuana that can be used to treat children. It must not contain the ingredients used to get you high. Common forms include gummies, candies, chews and baked goods.

Medical marijuana can definitely be an effective way to treat ADHD. You may or may not feel comfortable with giving your child this type of medication. Also, it is important to understand the fact that it cannot be prescribed everywhere. There are certain places that do not allow medical marijuana. You will need to research it in your area to see if it is an option for you. Don't count it out as an option until you are well aware of how it is used.

## #42. What Can ADHD Be Mistaken For?

It is a sad thing to realize that mental health problems such as ADHD are not given their due attention even in modern times. The reason for mentioning the 'modern times' term is because in the olden days when there was not much information about these problems, these issues were swept under the carpet and many a times treated as the case of ghosts and spirits.

In the past, people did not have the scientific information that we now have so they treated the problems in the manner that they saw fit. However, with all the development that has been achieved in the field of medical science, still treating these pure medical issues as personality flaws and somehow pinning it on the weakness of the individual is totally wrong and out of touch.

All those who are guilty of doing such a thing at some point in time should take a look at what they have let pass over pure common sense and common knowledge. All of this is especially true if the person that is under consideration is close individual who you have been around for a very long time.

One of the most common mental health issues is ADHD. This is a problem that starts to show up when a child is of around 7 years of age. Many times this problem stays with the person for the rest of their life. However, if proper treatment is given for the long term duration, the problem can be contained and the person can lead a normal, regular life.

The key issue here though is the fact that the symptoms of ADHD are such that they lead many people to think that the flaw is in the personality of the kid or the adult who is suffering from it. This is the most unfortunate case because the majority of people are not willing to scratch the surface and look under the tip of the iceberg to see what the depth of the problem is.

Lack of concentration is the most common symptom of the disorder. The individual suffering from ADHD is not able

to concentrate on one thing for a sufficiently long period of time. This is the main reason why these individuals get bored really easily. Both of these factors are considered generally to be character flaws. If it is a kid that is showing them, parents treat them as mischievous behavior and try the punishment options. However, these don't help much as they end up creating more trouble for the kids and the parents in the long run.

Another factor associated with ADHD is that the individual is a bit slower compared to others of the same age group or level. Different researches have put the delay in behavioral modeling to be of three years. That means that during the developmental process, these kids are slower by three years than normal. So as the indication can be seen, the kids will be having trouble in catching up with their fellow students in class.

If the problem is not identified and in many cases it is not, the general impression that is adopted is that the kid is dumped or that the kid does not like studying and therefore, is ignoring all the teaching that is being done. The solution that is often opted for by the parents is to hire tutors for extra teaching and all that stuff. All of this then goes to waste because the key issue is yet again being ignored and not given the attention or treatment that it requires. The need of the hour is not more teaching but to change the methodology and bringing it to the level of their development.

These are some of the factors that can lead to ADHD being mistaken for some trivial issue or ignored completely. In order to stay ahead of the situation and doing all that can be done to ensure that no mistakes are made, parents just need be a bit more observant and try to be open with the child so that identifying the issue is not a problem. Mistaking the issue for something else in the long run can



add to the problem and it will be more difficult to handle.

#### #43. Other Health Conditions that Co-exist with ADHD

Mental health problems are not understood well even today. This is a sad reality because with so much progress that has taken place in the world and in the many fields of science it is a bit depressing to see that this category has still not received the mass attention that it deserves. Like any other medical condition, the problem with mental health issues is that with one problem others might appear as some sort of a side effect. This can be due to the prolonged exposure to the problem. The other reason for co-existing problems is the long exposure to the same kind of medication. The fact is that there are problems that appear with time. After all, the body works as a unit and when there is a problem in one portion of this unit the other connected parts feel the pain and produce a reaction as well.

One of the mental disorders that are observed quite commonly is ADHD. This is a mental condition with signs that appear during childhood and then stay with the person for the rest their life. Although many studies are showing that there are cases and ways in which one can outgrow the problem of ADHD, the final results are still not very much on the mark.

So while there is so much discussion and debate going on in this area, let's focus on the fact that ADHD is the sort of mental disorder which can bring in other medical issues as well. The main reason for this is that most of the signs of this problem are such that they are generally ignored as regular flaws of the person that need to be fixed in other ways, mostly in the social and behavioral ways. The key fact

that these can be more than simple flaws is something that is just not realised by the majority of people.

One of the major problems that can come along with ADHD is addiction. It is unfortunately fairly common in ADHD patients. So something that starts off as a sign of the problem, when ignored for a long period of time, is then capable of turning into a major problem in itself. This addiction might be of a harmless nature in the start but it can turn into a harmful one later on. It all depends on what course the addiction takes. For instance, a child may seem determined to always walk along the crack in a footpath. This is okay until that crack leads somewhere dangerous, or where the parents are not going to go.

Many a times the person can even get addicted to the medication that is being given to them for treating ADHD itself. This is the reason why many people want to opt for home remedies for their treatment since they don't have any side effects. This, however, does not mean that their addiction is going to be a good thing. It is going to be as bad as any other case. The only sort of positive thing will be that there is not any additional harm done to the body.

Another other major thing that can affect the person suffering from ADHD is depression. It occurs when the key problem is not identified. The people who are supposed to be helping the person are looking down upon him instead and are constantly telling them that it is their own fault that all this suffering is happening. All of this pressure is going to end up in the patient having the additional problem of depression. When the same thing is done in the case of kids the results can get uglier because kids being kids are much more sensitive to all of these reactions. Added to this, kids suffering from ADHD develop an extra sensitive nerve as well. All of this is going to hit them pretty hard

and the level of depression is going to be really high and intense.

When it comes to mental health problems of this sort, the combination of them makes a bad situation worse to the extent that managing the whole situation gets really difficult. However, at times this is something that is unavoidable so the best way to deal with this situation is to hold on to your patience. It is important for people with ADHD to get help for all of their problems.

#### #44. Why Is It Necessary to Perform the Right Diagnosis of ADHD?

Attention deficit hyperactivity disorder or ADHD is typically diagnosed at an early age. It was formally recognized as a medical condition back to the 19th century. The symptoms and occurrence of the disorder differ from one person to another. It also changes according to the age and its presence is mostly noticed in children.

Diagnosing the disorder in the right manner is important for understanding the nature of the problem in a child. For example, Andrew is hyperactive. However, there is a possibility that he may not be affected with ADHD. Diagnosing in the right way helps a psychologist understand the real cause behind the hyperactive nature in the child.

ADHD is a serious syndrome and can drive people crazy. Diagnosing ADHD is necessary for finding out the right treatment for a child or for an adult. Even though technology has advanced at a fast pace, the absence of a

lab test makes it difficult to detect the presence of ADHD. Doctors often find it difficult to diagnose ADHD by considering the symptoms exhibited by a child or an adult. Only a series of questions described in the Diagnostic and Statistical Manual of Mental Disorder helps the doctor have a theoretical exemption for the presence of ADHD.

Let us consider the case of Andrew. Andrew is an eight-year-old child running across the house and driving his parents crazy. He is lagging behind in studies and shows no improvement. He does not even perform his regular homework. Teachers at the school think Andrew is a victim of ADHD. Teachers call of their parents in order to explain the performance of Andrew. Andrew's parents decide to visit a doctor to understand the real cause for change in his behavior. They also wish to find out if their child has ADHD.

Andrew's parents seek an appointment with a leading pediatrician. They discuss in detail the nature of the child and seek a solution to calm the hyperactive nature of the child. The doctor, who is not trained in psychotropic drugs or mental disorders, writes down a prescription based upon the symptoms shown by the child. It is necessary to understand the fact that ADHD is a psychological disorder and not a disease. Though a psychologist and a pediatric specialist excel in their fields, the pediatric specialist does not possess all the knowledge related to psychological treatment. This makes it difficult for a physician to provide the right medication for a child who displays some, partial or full symptoms of ADHD.

It is important to carry out a known diagnostic procedure in order to identify the presence of ADHD in a child. Many psychiatric specialists approve the use of brain scans in order to find out the disturbances present within the mind. This will help them look deeply into the case of a child who is experiencing the symptoms of ADHD. There is also a

possibility that a child may not be a victim of ADHD but allergic to different foods. Performing a brain scan is expensive. Insurance providers do not cover such services and hence many parents opt out of such a situation.

It is essential to carry out a complete lab test in order to identify the presence of ADHD and other conditions of a similar nature. Psychological evaluation by the family physician also helps to find out about the major stress factors that cause a change in the behavior of the child. Parents who understand about ADHD can perform changes to the diet to look out for the reaction and the change in behavior of the child. Over diagnosis is not the right way to find out about the presence of ADHD.

Diagnosing ADHD depends upon the symptoms exhibited by the child and their age. Performing a thorough role lab test is important for identifying the root cause behind the change in behavior of the child. Approaching a psychiatrist is better than approaching a pediatrician.

ADHD is a psychological disorder and not a general ailment. Medication requires a child to take Ritalin, the most common drug to reduce the hyperactive nature. However, it is essential that a doctor prescribes the medicine. Diagnosing ADHD in the right way is necessary to differentiate it from common symptoms that look like it.

### Resources

The Adhd Transformation Program: (Very Recommended)

Go to: <http://tinyurl.com/p4wocxj>

Do whatever it takes to help your child or someone you love  
and care about.

Thank You,

Terry Clark