

ADHD in children

WHAT IS ADHD?

ADHD (Attention Deficit Hyperactivity Disorder) is a neurodevelopmental disorder that affects people's behaviour and can cause ongoing distress and disruption to their lives. Individuals with ADHD may have trouble concentrating on tasks, show abnormal levels of hyperactivity or struggle to sit still for long periods of time. Both adults and children can have ADHD, but it tends to be noticed at an early age. Symptoms can be especially noticeable if a child's circumstances change, such as starting or changing school

Symptoms in children and young people - hyperactivity	Inattentiveness	Impulsiveness
<ul style="list-style-type: none"> • Being unable to sit still – especially for long periods of time or in quiet/still surroundings • Fidgeting/squirming when seated • Excessive talking • Excessive physical movement • Getting up frequently to walk or run around 	<ul style="list-style-type: none"> • Having a short attention span • Becoming easily distracted • Having difficulty organizing tasks • Appearing forgetful • Losing things • Constantly changing tasks/not finishing things • Not being able to stick to tasks that are boring/tedious or time consuming • Making careless mistakes • Daydreaming frequently 	<ul style="list-style-type: none"> • Interrupting conversations • Acting without thinking • Little or no sense of danger • Being unable to wait their turn

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Please talk to me about the next steps in diagnosing and supporting ADHD.
A consultation, assessment and diagnostic report including recommendations
is £1200, payable in 3 installments.
For children with severe challenges I am able to signpost to specialist support.