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
 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 	 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 	 Interrupting conversations Acting without thinking Little or no sense of danger Being unable to wait their turn



CROSS PSYCHOLOGY FACT FILE

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The exact cause of ADHD is unknown but a combination of factors is likely

Genetics play a role, it is thought, as ADHD can run in families. However the way it is inherited is considered complex.
Brain function and structure – research has indicated differences in the brains of people with ADHD – eg some areas are smaller and some are larger. Some research indicates an imbalance in neurotransmitters.

Trouble keeping things organised Difficulty starting assignments or tasks Trouble refocusing after an interruption Impulsive in the moment Difficulty switching from one task to anothe Misplacing and losing things Forgetting directions or instructions easily Trouble with changes to the schedule or plan Trouble completing multi-step tasks and directions Difficulty paying attention s indicated DHD larger. People with ADHD are more likely to suffer with co-morbid disorders. These include: • Depression • Anxiety • Learning difficulties • Sleep disorders • Substance abuse

During the diagnostic process, we will determine if there is anything else that could be causing the presenting symptoms.

Treatment is likely to involve behavioural therapies / medication or both.

Other important self-care factors are: • Plenty of sleep • Healthy diet • Exercise • Limiting screen time

Breathing exercises and meditation can be really helpful too.

£1200 consultation, assessment + diagnostic report

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.



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