



Seasons Counseling Center

Understanding ADHD & Building Skills for Success

Helping Children Strengthen Focus, Regulation, and Confidence

What Is ADHD?

Attention-Deficit/Hyperactivity Disorder (ADHD) affects how children focus, manage impulses, organize tasks, and regulate energy.

ADHD is not a behavior problem—
It is a difference in how the brain processes attention and self-control.



With the right supports, children with ADHD can thrive at home, in school, and in relationships.



Common Signs of ADHD

-  **Attention Challenges**
Difficulty staying focused on tasks
-  Easily distracted or forgetful
-  Trouble following multi-step directions.
-  Appears not to listen, even when trying
-  **Impulsivity**
Acts before thinking
-  Interrupts or blurts out answers
-  Difficulty waiting or taking turns
-  **Hyperactivity** (may vary by child)
Constant movement or fidgeting
-  Trouble sitting still
Needs frequent breaks to regulate energy


How Therapy Helps Children with ADHD


- ✓ Builds focus and attention skills
- ✓ Teaches emotional regulation strategies
- ✓ Improves organization and routines
- ✓ Strengthen confidence and self-esteem
- ✓ Helps parents implement supportive structure
- ✓ Reduces frustration for both child and caregiver

Practical Coping Skills We Teach

-  **Structure & Predictability**
 - Visual schedules
 - Clear expectations
 - Break tasks into small steps
-  **Focus Tools**
 - Movement breaks
 - Timers for task completion
 - Hands-on learning strategies

Support Starts with Understanding

 Call: (573) 327-9841

 <https://seasoncc.com/>

