

# 10 THINGS YOU WISH YOU KNEW ABOUT ADHD

A MAR JCC Talk

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# Our Objective:

- o Learn how to ensure accurate diagnosis of ADHD
- o To understand (or better understand) ADHD symptoms
- o Be aware of other symptoms that show up with ADHD children
- o Instill hope and optimism. You are not alone.

# What ADHD Looks Like



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But it also looks like this...



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# ADHD DEFINED

- o Neurodevelopmental disorder
- o Chronic
- o A persistent pattern of inattention and/or hyperactivity-impulsivity that ***interferes with functioning***

# ADHD Definition Continued

- o With Symptoms of Inattention and Hyperactivity/Impulsivity
- o For at least 6 months
- o Impacts academic/social functioning
- o Symptoms present before age 12
- o In at least 2 settings

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