



## What is ADHD?

ADHD is one of the most common neurodevelopmental disorders of childhood. It is usually first diagnosed in childhood and often lasts into adulthood. Children with ADHD may have trouble paying attention, controlling impulsive behaviors (may act without thinking about what the result will be), or be overly active.

ADHD  
AWARENESS MONTH  
OCTOBER 2019

ADHD MYTHS AND FACTS  
KNOW THE DIFFERENCE

Scan for more myths and  
facts about ADHD



**MYTH: "Children with ADHD  
just need more discipline"**

**FACT: Discipline and relationship problems are  
the consequences of ADHD behavior problems in  
the children, not the cause.**

### COMMON BEHAVIORS SEEN IN

ADHD

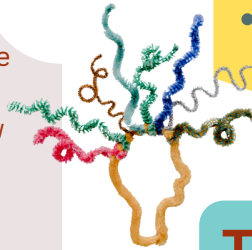
A child with ADHD might:

- Daydream a lot
- Forget or lose things a lot
- Squirm or fidget
- Talk too much
- Make careless mistakes or take unnecessary risks
- Have a hard time resisting temptation
- Have trouble taking turns
- Have difficulty getting along with others



## How can teachers help?

- Give frequent feedback and attention to positive behavior.
- Be aware of ADHD's impact on emotions like low self-esteem or difficulty regulating feelings.
- Provide extra warnings before transitions and changes in routines.
- Recognize that children with ADHD may become hyper-focused on preferred activities and may need assistance with shifting their attention.
- Observe and discuss what supports or distracts the student (e.g., fidgets, limited eye contact).
- Collaborate with the school counselor or social worker.
- Clearly explain assignments and check for understanding.
  - Provide choices to show mastery.
  - Keep assignments short, slightly challenging, and non-repetitive.
  - Allow movement breaks and time for exercise.
  - Minimize distractions in the classroom.
  - Use tools like homework folders to support organization.



## Tips for Parents

- Be involved and know how ADHD affects your child.
- Focus on teaching your child one thing at a time.
- Work with your child's school.
- Find out if you have ADHD.
- Connect with others for support and awareness.
- Discipline with purpose and warmth.
- Set clear expectations.
- Talk about it.
- Spend special time together everyday.
- Your relationship with your child matters most.

