



## Understanding ADD/ADHD: A Guide for Parents

Welcome to Complete Clarity where we provide education and mental health services to children and adolescents. We are here to support you and your child in understanding and managing Attention Deficit Disorder (ADD) and Attention Deficit Hyperactivity Disorder (ADHD). This handout provides essential information to help you navigate this journey.

### **ADD vs. ADHD: What's the Difference?**

ADD is an outdated term that is now considered part of the broader ADHD diagnosis. ADHD exists in three types: inattentive (formerly known as ADD), hyperactive-impulsive, and combined type. The key difference lies in the presence of hyperactivity: ADD typically lacks the hyperactive and impulsive behaviors seen in ADHD.

### **Prevalence Rates and Warning Signs**

ADHD is one of the most common neurodevelopmental disorders, affecting approximately 9.4% of children in the United States. Boys are more likely to be diagnosed than girls, with boys exhibiting more hyperactive symptoms and girls more inattentive symptoms.

#### **Warning Signs in Boys:**

- Frequent fidgeting and squirming
- Difficulty staying seated
- Excessive talking and interrupting
- Trouble waiting their turn

#### **Warning Signs in Girls:**

- Daydreaming and inattentiveness
- Difficulty following instructions
- Trouble maintaining focus on tasks
- Shyness and withdrawal in social situations

### **When Should Your Child Get Tested?**

If your child consistently exhibits the above symptoms for at least six months and these behaviors are disruptive to their daily life, it may be time to consider testing. Early diagnosis and intervention can make a significant difference.

### **Common Psychological Tests for Diagnosis**

Diagnosis involves a comprehensive evaluation that includes:

- Clinical interviews with parents, teachers, and the child
- Behavior rating scales and checklists
- Cognitive and academic assessments

## **Common Myths**

*Myth 1:* ADHD is caused by poor parenting.

*Fact:* ADHD is a neurological disorder influenced by genetics, brain structure, and environmental factors.

*Myth 2:* Children will outgrow ADHD.

*Fact:* While some symptoms may diminish with age, ADHD can persist into adulthood.

*Myth 3:* ADHD only affects boys.

*Fact:* ADHD affects both boys and girls, but symptoms may present differently.

Remember, we're here to help. If you have any concerns about your child's behavior or development, please don't hesitate to reach out to our center for guidance and support. Together, we can ensure your child receives the best care and opportunities for success.