

Understanding Attention-Deficit Disorder

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One day, Thomas' mother bought him a nice new brown snowsuit. When Thomas saw that snowsuit he said, "That is the ugliest thing I have ever seen in my life. If you think that I am going to wear that ugly snowsuit, you are crazy!"

Thomas' mother said, "We will see about that."

The next day, when it was time to go to school, the mother said, "Thomas, please put on your snowsuit," and Thomas said, "**NNNNNO.**"





His mother jumped up and down and said,
"Thomas, put on that snowsuit!"

And Thomas said, "**NNNNNO!**"

So Thomas' mother picked up Thomas in one
hand, picked up the snowsuit in the other
hand, and she tried to stick them together.
They had an enormous fight, and when it
was done Thomas was in his snowsuit.





Thomas went off to school and hung up his snowsuit. When it was time to go outside, all the other kids jumped into their snowsuits and ran out the door. But not Thomas.

The teacher looked at Thomas and said, "Thomas, please put on your snowsuit."

Thomas said, "**NNNNNO.**"

The teacher jumped up and down and said, "Thomas, put on that snowsuit."

And Thomas said, "**NNNNNO.**"





So the teacher picked up Thomas in one hand, picked up the snowsuit in the other hand, and she tried to stick them together. They had an enormous fight, and when they were done the teacher was wearing Thomas' snowsuit and Thomas was wearing the teacher's dress.





When the teacher saw what she was wearing, she picked up Thomas in one hand and tried to get him back into his snowsuit. They had an enormous fight. When they were done, the snowsuit and the dress were tied into a great big knot on the floor and Thomas and the teacher were in their underclothes.

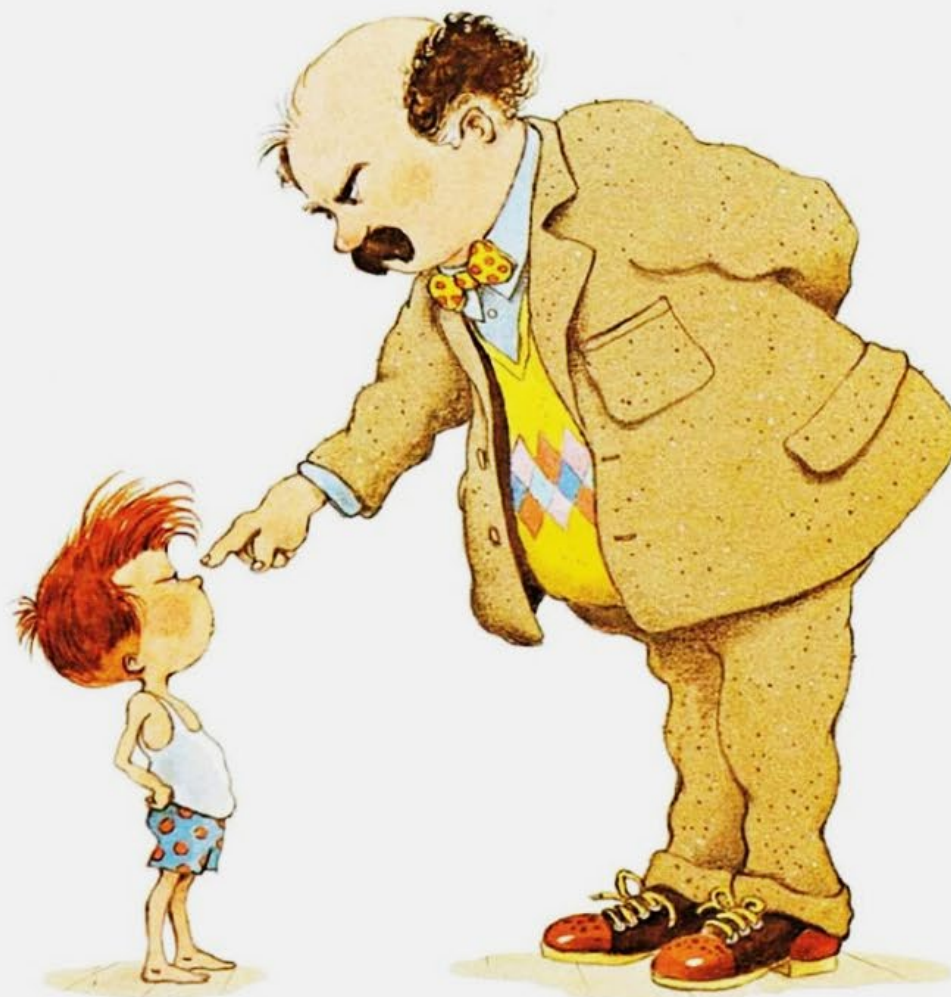
Just then the door opened, and in walked the principal. The teacher said, "It's Thomas. He won't put on his snowsuit."





The principal gave his very best PRINCIPAL LOOK
and said, "Thomas, put on your snowsuit."

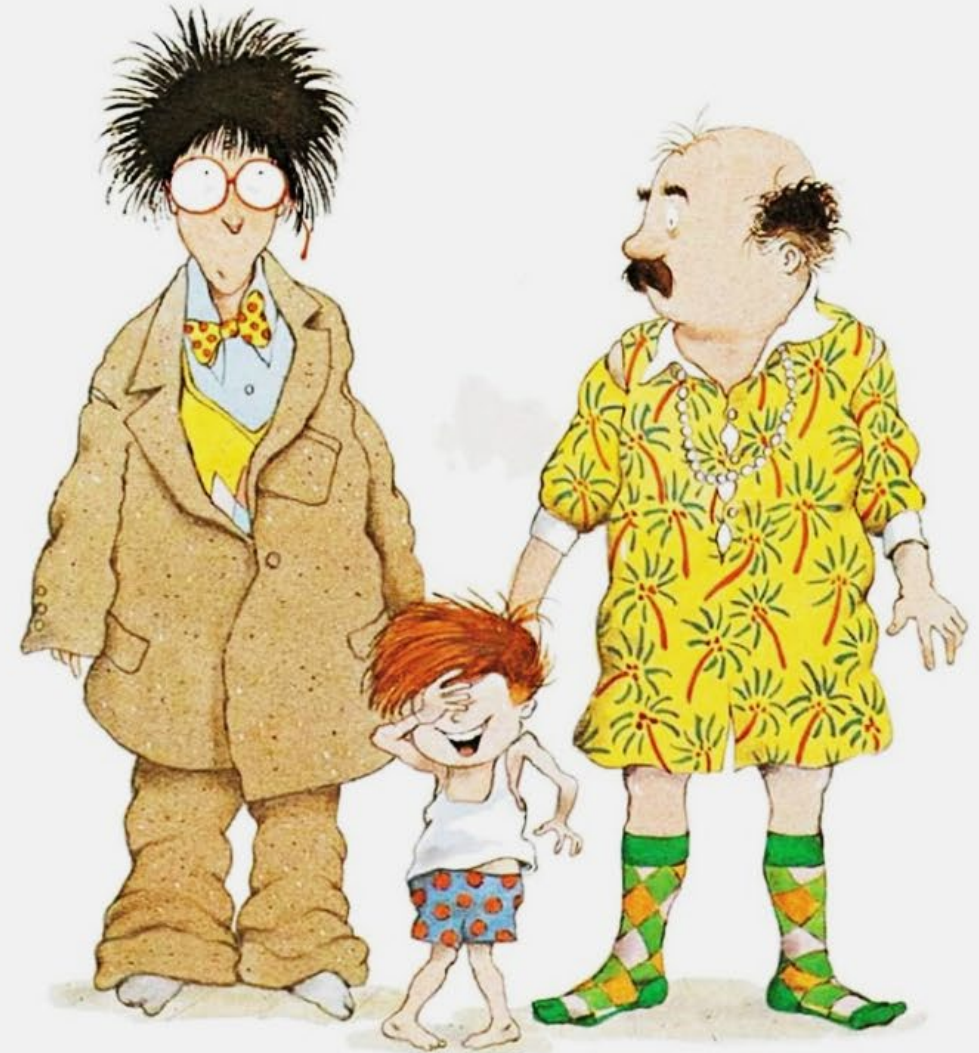
And Thomas said, "**NNNNNO.**"





So the principal picked up Thomas in one hand and he picked up the teacher in the other hand, and he tried to get them back into their clothes. When he was done, the principal was wearing the teacher's dress, the teacher was wearing the principal's suit, and Thomas was still in his underwear.

Then from far out in the playground someone yelled, "Thomas, come and play!" Thomas ran across the room, jumped into his snowsuit, got his boots on in two seconds, and ran out the door.





The principal looked at the teacher and said, "Hey, you have on my suit. Take it off right now."

The teacher said, "Oh, no. You have on my dress. You take off my dress first."

Well, they argued and argued and argued, but neither one wanted to change first.





Finally, Thomas came in from recess. He looked at the principal and he looked at the teacher. Thomas picked up the principal in one hand. He picked up the teacher in the other hand. They had an enormous fight and Thomas got everybody back into their clothes.

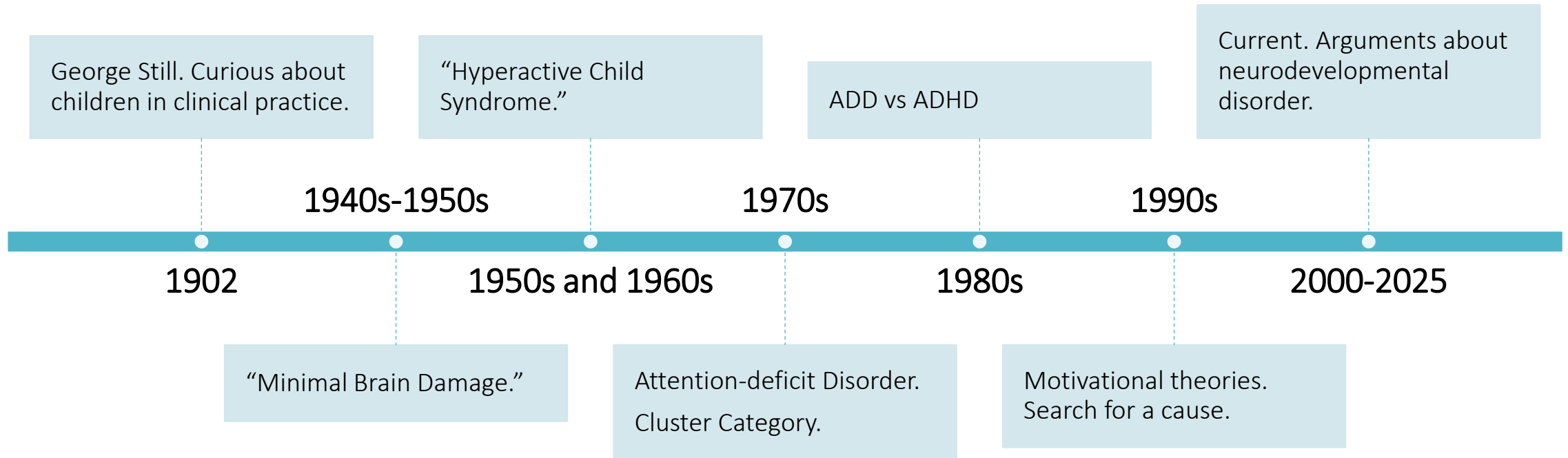




The next day the principal quit his job and moved to Arizona, where nobody ever wears a snowsuit.




ADHD: A Quick Historical Look



Definition: DSM-V

ADHD is a neurodevelopmental disorder characterized by persistent patterns of inattention, hyperactivity, and impulsivity that interfere with daily functioning and development.

A molecular model with red, blue, and white spheres connected by grey rods, serving as a background for the text.



AHI: The Big Three and Differing Profiles



DIAGNOSIS

- Frequency and Severity
- Likert Scale
- Manifests across contexts
- Developmental onset before age of 7

Symptoms do NOT present
if situation is:
Novel, Interesting, Intimidating,
One-on-One

A young Black man with short, dark hair is shown in profile, looking out of a window. He is wearing a grey patterned button-down shirt over a teal t-shirt. The background is a bright, out-of-focus interior space with a window and some architectural details.

1. Attentional Bias

- Selective
- Sustained



Selective Attention

Minimize
Distractors

Draw
Attention
to Salient



Sustained Attention

Chunk Tasks

Stop at
Mastery

Challenge
and Interest

2. Hyperactivity

- Realistic Expectations
- Latitude within a Structure
- Send on errands
- Frequent breaks
- Secret Signals



3. Impulsivity

- Natural Consequences
- Anticipate
- What did you do this time? What are you going to next time?



4. Diminished Rule-Governing Behavior

- Put it in different modes:
Write it, Speak it
- Positive Reinforcement
Task Chart
- 1-2-3 MAGIC
- Is That the Choice You're Going to Make?
- If this, then this.



5. Increased Variability of Performance

- Record child behaving correctly
- Take the long view
- Frame with optimism



6. Emotional Over-Arousal Low Frustration Tolerance

- Validate emotion
- Move towards solutions
- Give ownership to child



8. Social Problems

- Teach social skills
- Assume no poor motives



The PLUS Side of ADHD

1. Sense of Enthusiasm



2. Acute Observant Nature



3. Sensitivity to others Especially the underdog



4. High Sense of Energy



5. Creative Perceptions



6. Heightened Sense of Curiosity



7. Refusal to Acquiesce



8. Big Heart

