

ADHD: What Kids Need to Know

What is ADHD?

Attention Deficit Hyperactivity Disorder

ADHD can impact how kids control the way they act, how well they focus, and even how they handle big feelings.



Some Symptoms of ADHD:

- ☐ Missing instructions
- ☐ Finding it hard to focus on things you are not interested in
- ☐ Struggling to switch to a new activity
- ☐ Losing things
- ☐ Always moving
- ☐ Talking a lot
- ☐ Often late
- ☐ Doing things without thinking about what could happen

ADHD looks different in everyone!

Did You Know?

Kids with ADHD may be able to focus really well on things that are interesting to them.



ADHD brains have to work extra hard.



ADHD does not change how smart you are.

Everyone with ADHD is different.

ADHD symptoms can change from day to day.



There is often more than one person with ADHD in a family.



About 1 out of every 20 kids has ADHD.

ADHD Can Lead to You Feeling Badly About Yourself

- ☐ Other kids may not like some of the things you do or say
- ☐ Adults can get mad if you forget what you were asked to do
- ☐ Adults can think you aren't really trying if you do not get things done

What Can You Do?

Help Your Brain Work Its Best:

Exercise



**Healthy
Diet**



Sleep

Find What Strategies Work Best for You



- ☐ Learn strategies your parents or teachers suggest
- ☐ Try strategies – find ones that help you! These could include:
 - using alarms on your phone as reminders
 - changing where you sit in the classroom
 - taking movement breaks (going for a walk, jumping jacks)
- ☐ Let your parents and teachers know what strategies seem to help!

Try Medication (If Your Parents and Doctor Think it's a Good Idea)

Medication can help the messages in your brain get around more easily. When you take medication it becomes a little easier to do the things you are being asked to do.

There are different kinds of ADHD medication and it can take time to find the right medication and amount for you.

Having ADHD is Just One Part of Who You Are!

Every kid has their own special interests, talents, and personality – ADHD does not need to stop you from reaching your goals. In fact, many famous actors, athletes, musicians, journalists, and scientists have ADHD!



For More Information Go To:

Foothills Academy (ADHD services and support for youth and families):

FoothillsAcademy.org

Understood (ADHD resources and community):

Understood.org

CADDAC (Centre for ADHD Awareness Canada):

CADDAC.ca