

ABOUT  
**ADHD**  
A GUIDE FOR CHILDREN



Developed by



ADHD, attention deficit  
and hyperactivity disorder.



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# WHAT IS ADHD?

**ADHD =**  
*Attention Deficit*  
*Hyperactivity Disorder*

**Everyone with ADHD is different but people with ADHD sometimes have these sorts of problems:**

- Find it hard to sit still
- Feel very fidgety
- Easily bored
- Have lots of energy
- Talk a lot
- Seem to get in trouble more than others
- Say or do the first thing that comes into their head without thinking
- Find it hard to focus at school

Lots of kids are like this some of the time. But for people with ADHD, these things get in the way of other stuff in their life, such as doing their school work.

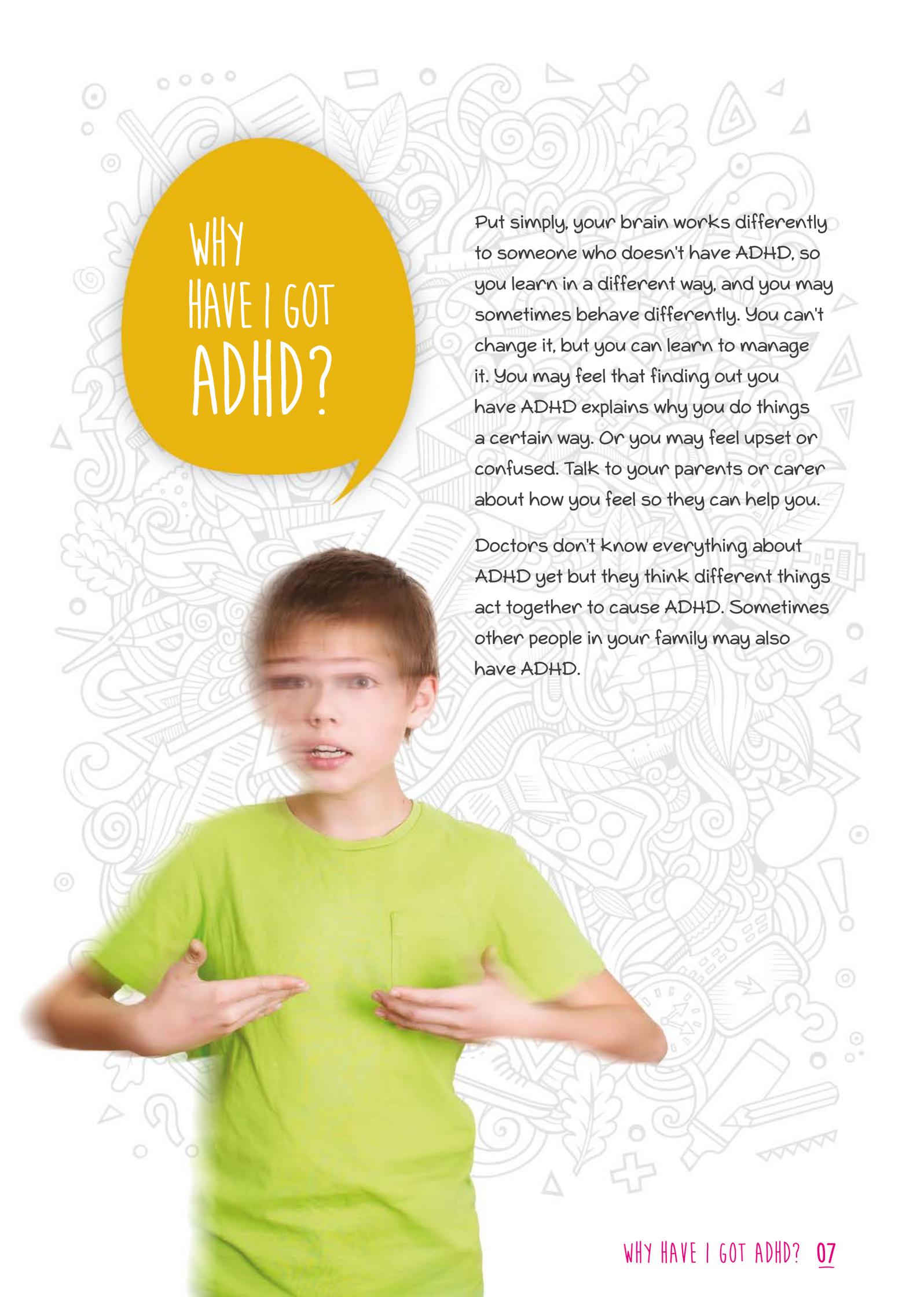
Not everyone with ADHD has these problems all the time. Everyone is different.



# WHO HAS ADHD?

- People of all ages can have ADHD.
- People all around the world can get ADHD.
- One child in a class\* of thirty may have ADHD.
- Both boys and girls can both have ADHD.
- Girls may have different problems to boys with ADHD.





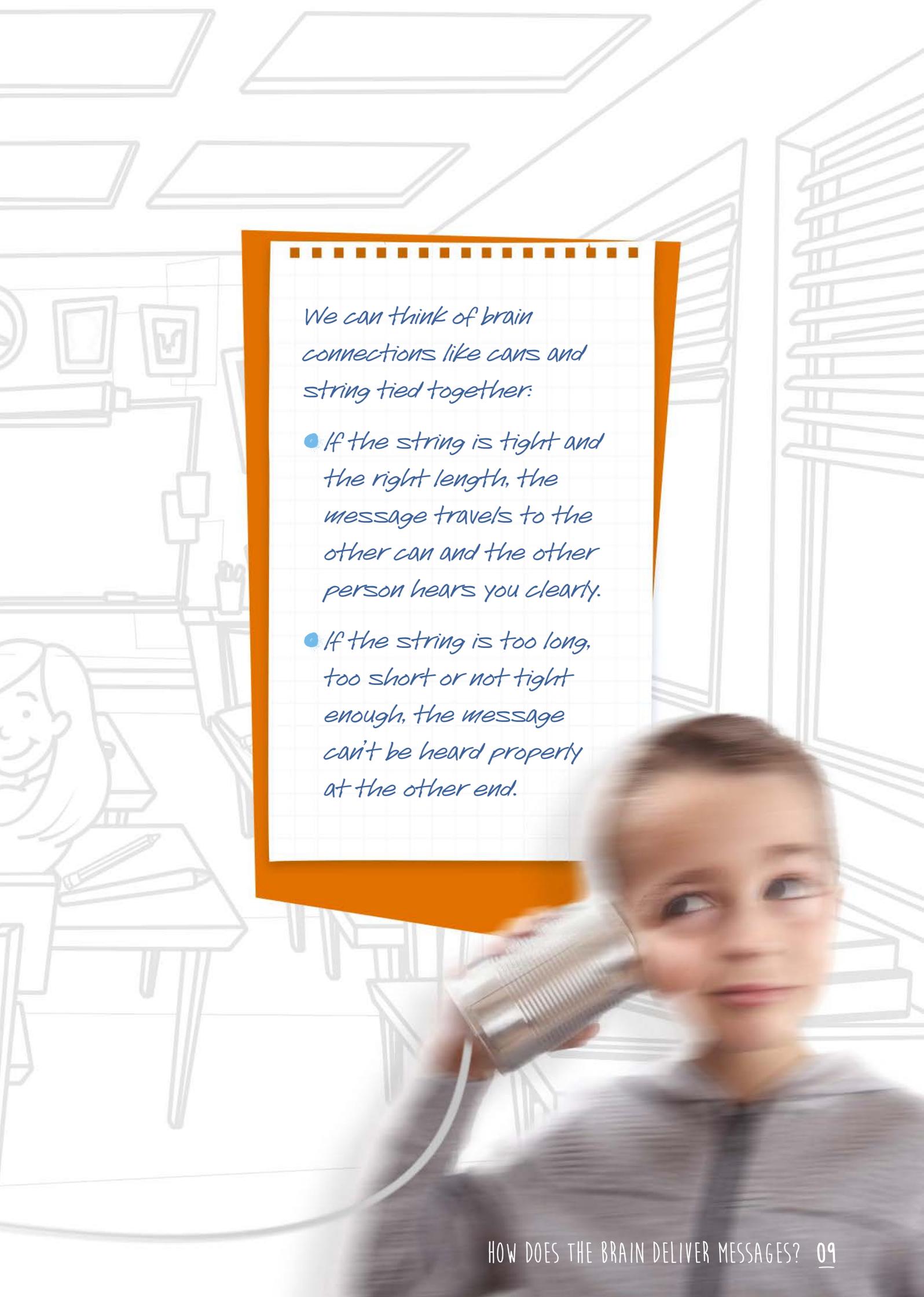
## WHY HAVE I GOT ADHD?

Put simply, your brain works differently to someone who doesn't have ADHD, so you learn in a different way, and you may sometimes behave differently. You can't change it, but you can learn to manage it. You may feel that finding out you have ADHD explains why you do things a certain way. Or you may feel upset or confused. Talk to your parents or carer about how you feel so they can help you.

Doctors don't know everything about ADHD yet but they think different things act together to cause ADHD. Sometimes other people in your family may also have ADHD.

# HOW DOES THE BRAIN DELIVER messages?

Different parts of our brains talk to each other all the time. In ADHD, the messages in some parts of the brain cannot be sent properly. This can make you fidget when you should be sitting still, or shout out when you should be listening.

A young boy with short brown hair is holding a silver tin can to his ear. He is looking off to the side with a slight smile. The background is a faint line drawing of a classroom with desks, chairs, and a teacher. A large orange-bordered text box is overlaid on the image, containing text about brain connections and a list of two bullet points.

We can think of brain connections like cans and string tied together:

- If the string is tight and the right length, the message travels to the other can and the other person hears you clearly.
- If the string is too long, too short or not tight enough, the message can't be heard properly at the other end.

# WHAT HELP IS THERE FOR ADHD?

**Everyone with ADHD is different so they all need their own plan to help them. Your doctor or nurse will talk to you and your parents about the best way to help you. They may also talk to your teacher so they can help you at school.**

Your doctor may suggest taking medicine to help you focus at school. You should take it every day, usually in the morning. There are different medicines for different people.\*

Your doctor may also suggest talking to someone about your problems to help you find ways to cope. Your parents might also get some help so they can help you.

*\*Always read the label/leaflet for dosing information*



HOW CAN MY  
FAMILY HELP  
ME AT HOME?

WHAT CAN I  
DO TO HELP  
MYSELF?

**There's lots you can do  
to help yourself. Get your  
family involved too.**

*Here are a few tips that may  
help you at home:*

- *Write things down so you  
don't forget.*
- *When doing homework, try to  
find a quiet place away from  
the tv or video games.*
- *Try to get regular exercise  
and eat a healthy diet -  
try not to have too much  
sugary food.*
- *Have a daily routine for getting  
up, going to school, doing  
homework, hobbies and free  
time. Maybe have a chart on  
the fridge where everyone  
can see it:*

Before school routine	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time to get up!	7.30	7.30	7.30	7.30	7.30	8.30	9.00
Get up and get dressed	7.45	7.45	7.45	7.45	7.45	8.45	9.15
Shower	8.00	8.00	8.00	8.00	8.00	9.00	9.30
Have breakfast	Healthy!	Healthy!	Healthy!	Healthy!	Healthy!	Fry up.	Toast?
Brush teeth	8.20	8.20	8.20	8.20	8.20	9.20	9.45
Check school bag - homework/ sports kit!	8.25	8.25	8.25	8.25	8.25	9.25	
Go to school	8.30	8.30	8.30	8.30	8.30	9	
Remember to bring homework home!	Remember our deal!	R.S homework due	Maths Homework due				

### After school routine

Do some homework	4.00	4.00	4.00	4.00	4.00	
Chill time	4.30	4.30	4.30	4.30	4.30	
Tea	Spag Bol	Fajitas	Sausage + Mash	Chicken + Rice	Chilli	Pizza
Bit more homework?	5.45	5.45	5.45	5.45	5.45	
Prepare school bag for next day sports kit, homework to hand in	Remember Football (Boys)		New water bottle needed		Forgot for swimming	
Brain break	8.00	8.00	8.00	8.00	8.00	
				See Alice after school		

# WHAT'S THE BIG DEAL?

It's a good idea to set yourself some goals. The goals could be big or little. The first goal should be quite easy and not take too long. Talk to your parents about your ideas and agree some rewards! Then make a deal with your parents. Write it down and both sign it, like this:

## The Deal

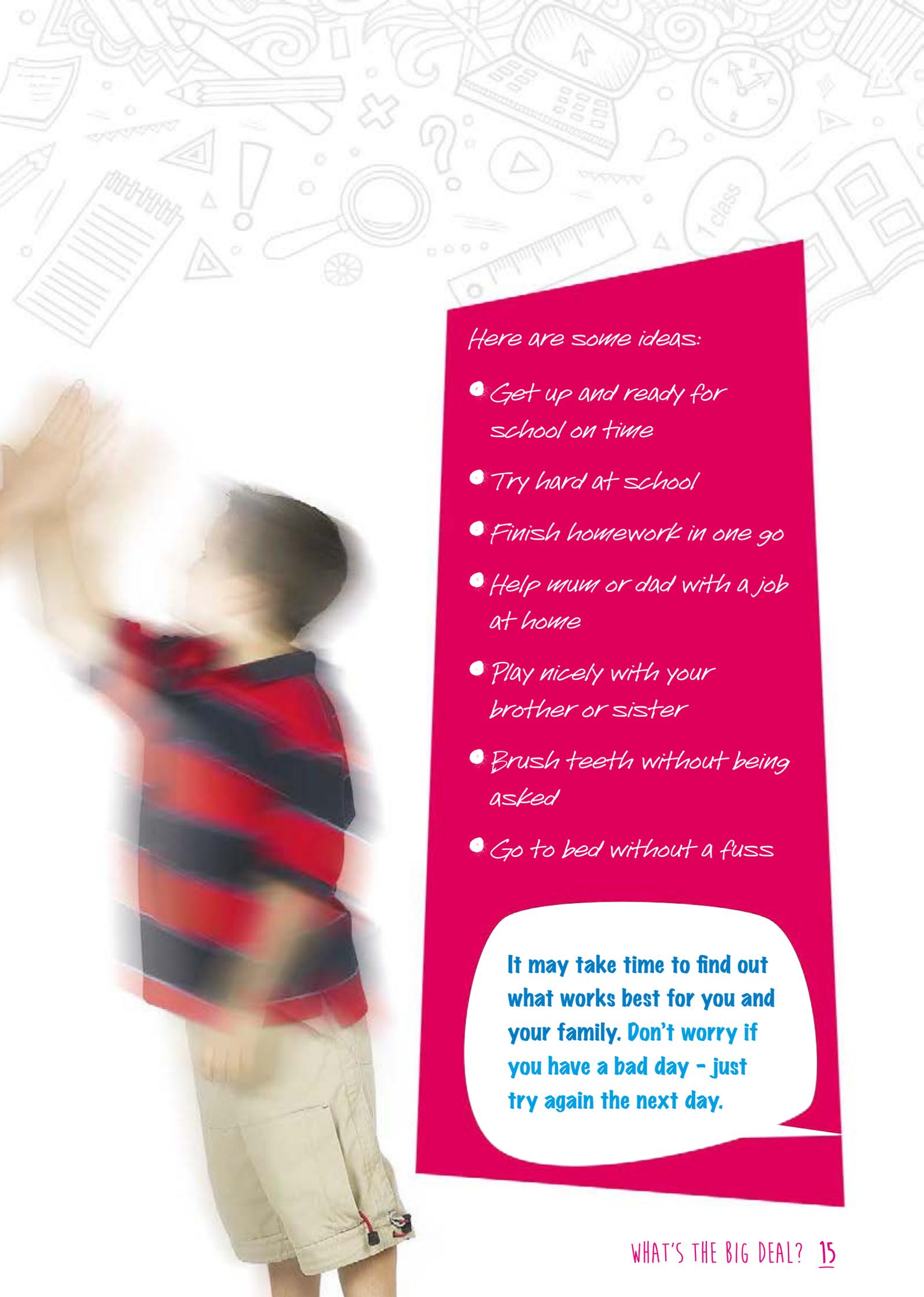
Complete homework by 6pm  
every day this week

We will go to the cinema this  
Saturday!

Mum

Oscar





*Here are some ideas:*

- *Get up and ready for school on time*
- *Try hard at school*
- *Finish homework in one go*
- *Help mum or dad with a job at home*
- *Play nicely with your brother or sister*
- *Brush teeth without being asked*
- *Go to bed without a fuss*

**It may take time to find out what works best for you and your family. Don't worry if you have a bad day - just try again the next day.**

# WHAT ABOUT AT SCHOOL?

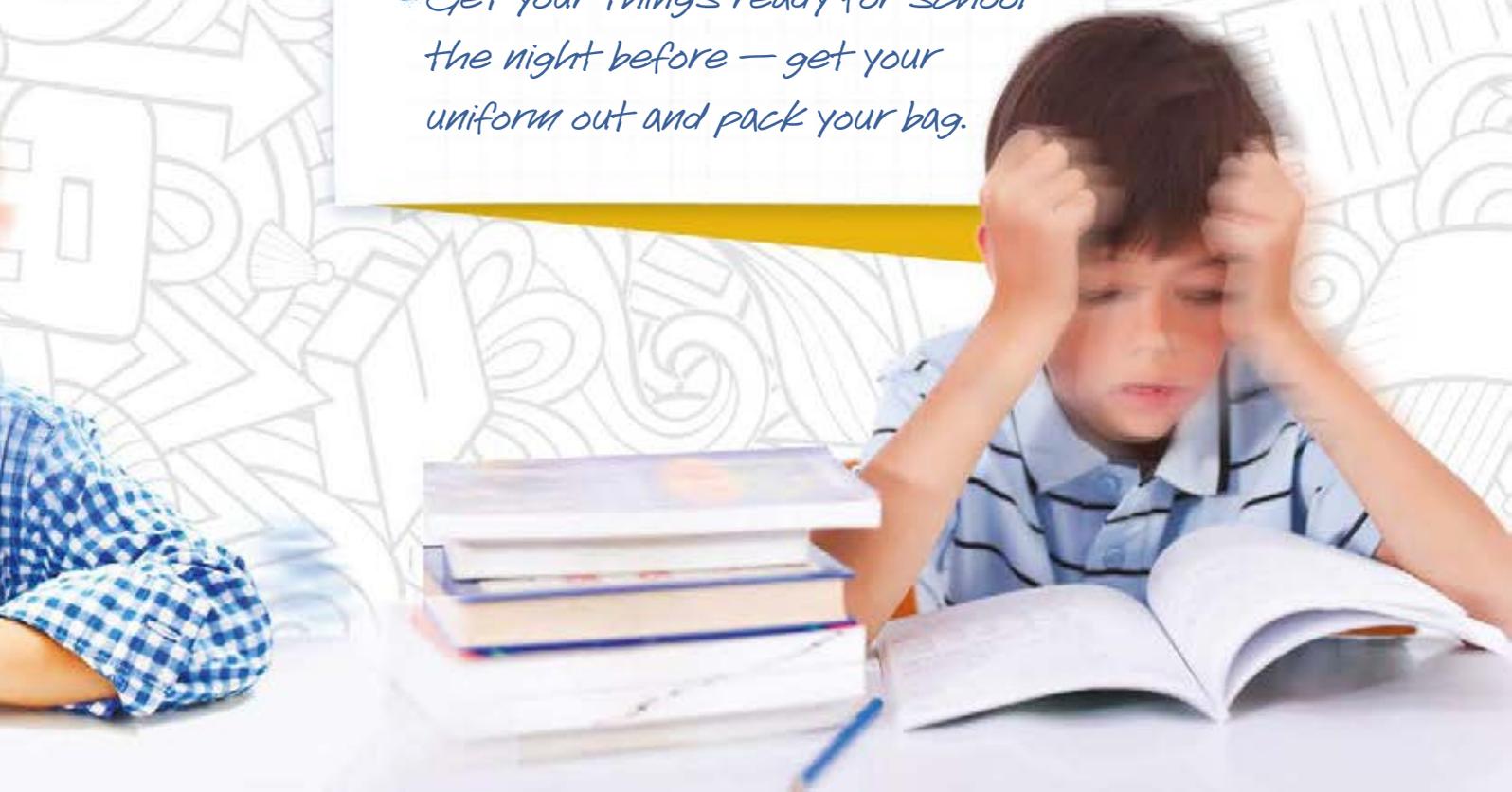
Your parents should talk to  
your teacher about how they  
can help you at school.





HERE ARE  
SOME IDEAS:

- You could try sitting near the teacher so you can listen more easily.
- It may help to hold a small toy in your hand to fiddle with.
- Try using headphones when you are trying to work on your own.
- Find out what the plan is for that day so you can be ready.
- If you don't understand, ask the teacher for help.
- If you feel upset about something, talk to your teacher.
- Get your things ready for school the night before — get your uniform out and pack your bag.

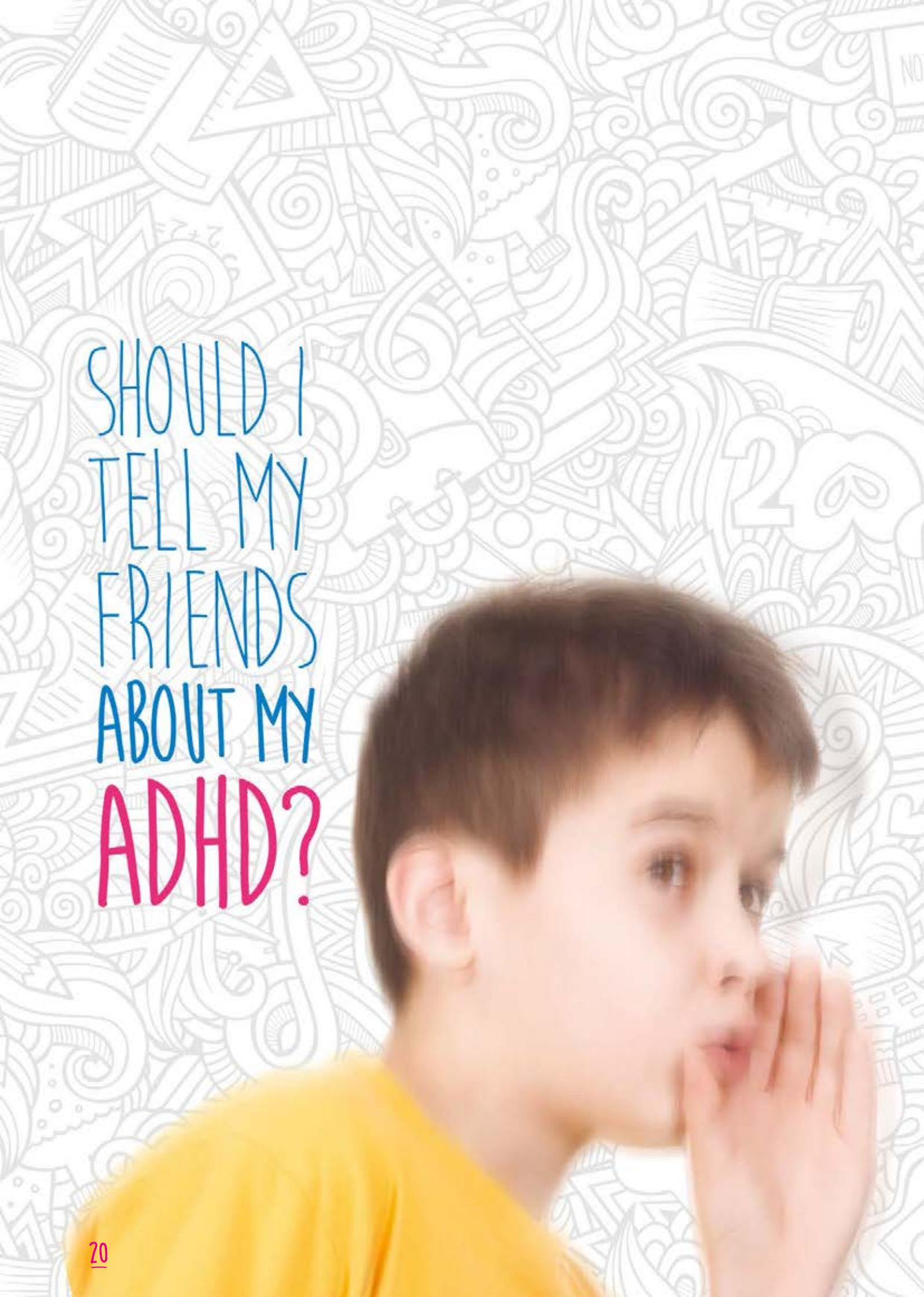


# WHAT ABOUT BEDTIME?

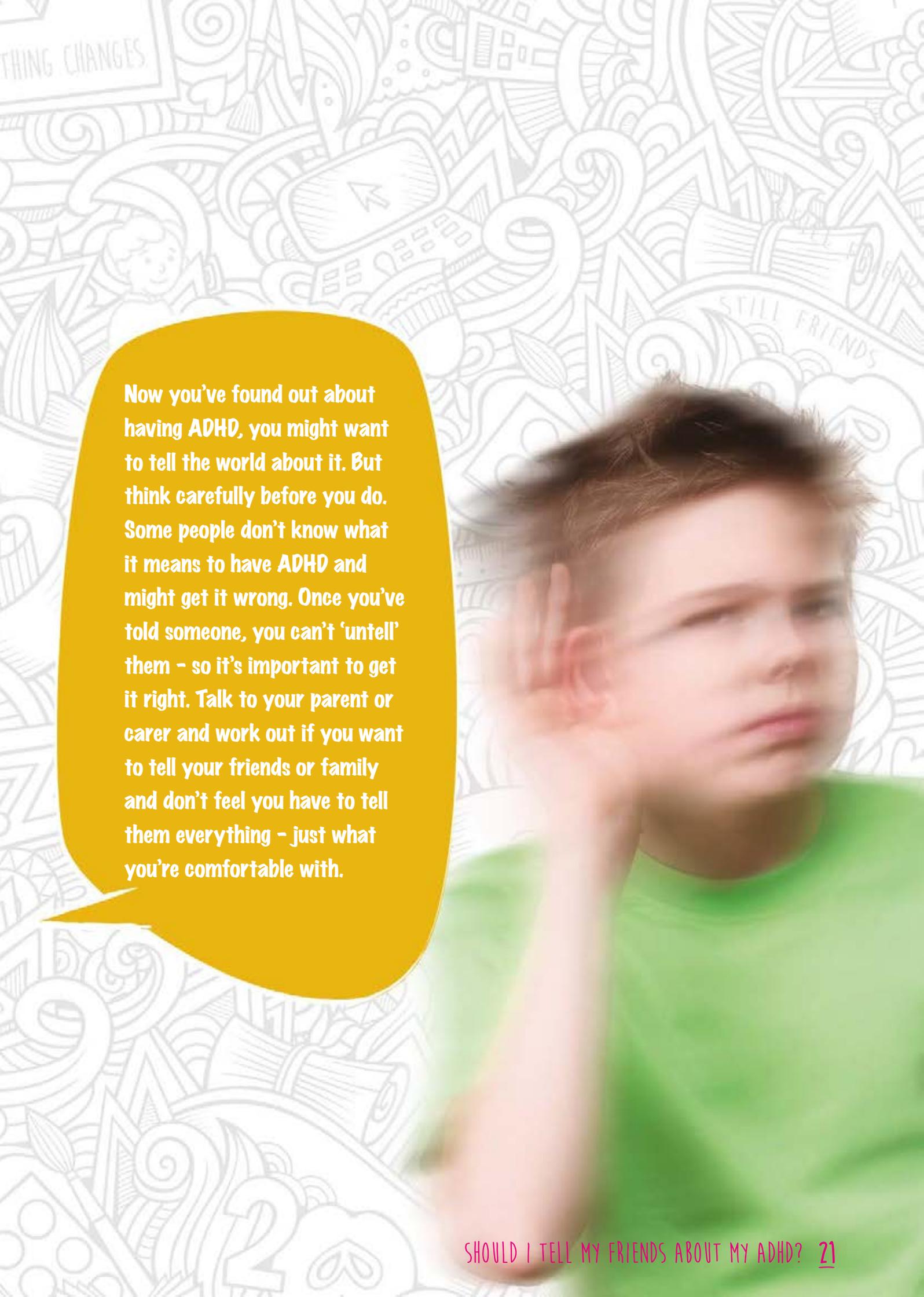
Getting a good night's sleep is really important for everyone. For people with ADHD, being tired may make your problems worse. Sometimes people with ADHD feel like they can't switch off at night. Try these tips to help you get to sleep:

- Do some sport or exercise every day
- Go to bed at the same time every night and get up at the same time
- Don't play video games or look at gadgets before bedtime. Try a relaxing bath or reading a book.





SHOULD I  
TELL MY  
FRIENDS  
ABOUT MY  
ADHD?



Now you've found out about having ADHD, you might want to tell the world about it. But think carefully before you do. Some people don't know what it means to have ADHD and might get it wrong. Once you've told someone, you can't 'untell' them - so it's important to get it right. Talk to your parent or carer and work out if you want to tell your friends or family and don't feel you have to tell them everything - just what you're comfortable with.

# WHERE CAN WE FIND FURTHER INFORMATION?

**There's lots of help  
for people with ADHD  
and their families.  
Ask your doctor or  
nurse for information  
or ask your parents to  
help you look on the  
internet at some of  
these websites:**



Help with ADHD

Search

[www.addiss.co.uk](http://www.addiss.co.uk)

[www.adhdfoundation.org.uk](http://www.adhdfoundation.org.uk)

[www.adhdsolutions.org](http://www.adhdsolutions.org)

[www.adhdandyou.co.uk](http://www.adhdandyou.co.uk)\*

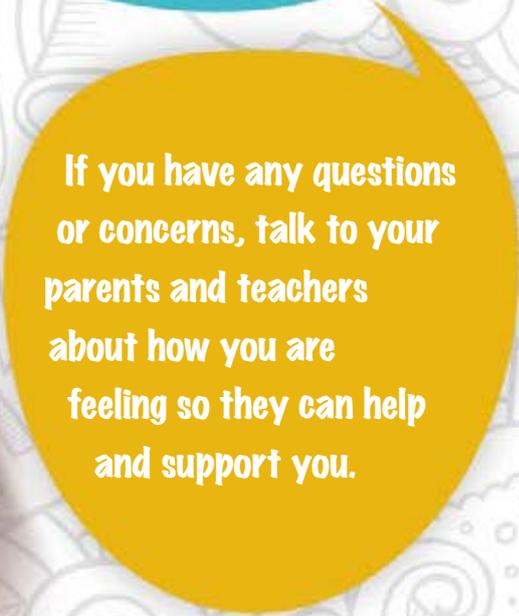
[www.addni.net](http://www.addni.net)

[www.scottishadhdcoalition.org](http://www.scottishadhdcoalition.org)

\*Developed and funded by Takeda

A young boy with brown hair, wearing a blue shirt, is smiling and holding a pencil. The background is a white wall with a dense, intricate pattern of black line drawings, including various tools like a comb, scissors, and a pencil, as well as abstract shapes and a small girl's face. A teal speech bubble is positioned in the upper right quadrant, containing white text.

IS THERE ANYTHING  
ELSE YOU WOULD  
LIKE TO KNOW OR  
SOMETHING YOU'RE  
NOT SURE ABOUT?

A yellow speech bubble is positioned in the lower right quadrant, containing white text.

If you have any questions  
or concerns, talk to your  
parents and teachers  
about how you are  
feeling so they can help  
and support you.

Please be aware that Takeda does not control all of the websites noted in this leaflet. We are not responsible for, nor do we necessarily endorse, the contents of these other websites.



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