

GIRLS WITH ADHD

INFORMATION

Sources

Mayo Clinic, Harvard Medicine, New York Times, The guardian, WHO , Autism Society



When you're a teenager, you're still figuring out who you are and how you relate to the world and other people. When you encounter someone who doesn't fit the pattern of what's considered "normal," you may be inclined to shun them, gossip about them with your friends, or pass judgement on them without cause.

Consider if a person appears to be autistic or has another impairment if they don't seem to fit in with the rest of your peers or your expectations of "normal" conduct. A rising number of people, including Asperger's Syndrome sufferers, have been diagnosed with an autistic spectrum condition. Students with a variety of impairments are now more than ever visiting your school and enrolling in your classes. A kid with autism may succeed in school and integrate with their peers with your acceptance and assistance. Teens with autism may make amazing friends with a little understanding, help, and involvement in social activities.

It's very common for kids to forget their homework, daydream in class, behave without thinking, or fidget at the dinner table.

Attention deficit hyperactivity disorder (ADHD), commonly known as attention deficit disorder or ADD, is characterised by inattention, impulsivity, and hyperactivity.

Is this typical child behaviour or a symptom of ADHD?

It's sometimes tough to tell the difference between ADHD and typical "child behaviour." It's unlikely that you have ADHD if you only notice a few symptoms or if the symptoms arise only in certain scenarios. On the other hand, if your child exhibits a variety of ADHD signs and symptoms in all situations—at home, at school, and at play—time it's to investigate more.

Myths and Facts about Attention Deficit Hyperactivity Disorder

Myth: All children with attention deficit hyperactivity disorder (ADHD) are hyperactive.

Fact: While some children with ADHD are hyperactive, many more children with attention issues are not. Children with ADHD who are inattentive but not too active might look uninspired and spacey.

Myth: Children with ADHD are incapable of paying attention.

Fact: Children with ADHD may typically focus on things that they like. They struggle to stay focused when the activity at hand is monotonous or repetitious, no matter how hard they try.

Myth: If children with ADHD wanted to, they could improve their behaviour.

Fact: Despite their best efforts, children with ADHD are unable to sit still, keep quiet, or pay attention. They could look disobedient, but that doesn't imply they're deliberately acting out.

Myth: Children with ADHD will ultimately grow out of it.

Fact: ADHD may last throughout adulthood, so don't wait for your child to grow out of it. Treatment can assist your kid in learning to control and manage their symptoms.

Myth: The best therapy for ADHD is medication.

Fact: Although medication is frequently given to treat attention deficit disorder, it may not be the best decision for your kid. Education, behaviour therapy, support at home and at school, exercise, and good nutrition are all part of an effective ADHD treatment plan.



The signs and symptoms determine which indications and symptoms a kid with attention deficit disorder has.

Children with attention deficit hyperactivity disorder (ADHD) may be:

- Not hyperactive or impulsive, but inattentive.
- Hyperactive and impulsive, yet with the ability to focus.
- Inattentive, impulsive, and hyperactive (the most common form of ADHD).

Because they are not disruptive, children with merely inattentive signs of ADHD are frequently neglected.

Inattention, on the other hand, has repercussions, such as getting in trouble with parents and instructors for failing to follow orders, underperforming in school, or disagreeing with other kids over not following the rules.

Inattention in children's symptoms

Your daughter could be able to:

- Have difficulty remaining concentrated; are quickly sidetracked; or become bored with a task before it is finished.
- When talked to, it appears as though they are not paying attention.
- Have trouble remembering things and following directions; do not pay attention to details or make thoughtless errors.
- Have difficulty keeping organised, preparing ahead of time, and completing projects?
- Homework, books, toys, and other belongings are frequently lost or misplaced.

Children's hyperactivity symptoms

Your daughter could be able to:

- Fidget and squirm all the time.
- You find it difficult to sit still, play quietly, or relax.
- Move about a lot, typically running or climbing in an unsuitable manner.
- Excessive talking
- Have a short fuse or a quick temper.



Children's impulsive symptoms

Your daughter could be able to:

- Act without considering the consequences.
- Rather of devoting time to an issue, improvise responses in class rather than waiting to be called on or hearing the entire question.
- Intrude on the discussions or games of others.
- Interrupt people frequently; speak the incorrect thing at the wrong moment.
- Having trouble controlling strong emotions, leading in furious outbursts or temper tantrums.