



Attention Deficit Disorder

What is ADD/ADHD?

Attention-deficit/hyperactivity disorder (ADHD) is one of the most common neurobehavioral disorders of childhood. It is sometimes referred to as Attention Deficit Disorder (ADD). It is usually first diagnosed in childhood and often lasts into adulthood. Children with ADHD may have trouble paying attention, controlling impulsive behaviors (may act without thinking about what the result will be), or be overly active.



What are some of the signs of ADD?

Many children have trouble focusing and behaving at one time or another. However, children with ADHD do not just grow out of these behaviors. The symptoms continue and can cause difficulty at school, at home, or with friends. A child with ADHD might:

- daydream a lot
- forget or lose things
- squirm or fidget
- talk too much
- make careless mistakes or take unnecessary risks
- have a hard time resisting temptation
- have trouble taking turns
- have difficulty getting along with others

What can parents do if they think their child may have ADD?

Talk with the child's doctor or nurse. If their doctor has concerns about ADD, they may refer the child to a specialist such as a child psychologist or developmental pediatrician. In order to make sure every child reaches their full potential, it is very important to get help for ADD as early as possible.

CDC sponsors the National Resource Center, a program of CHADD – Children and Adults with Attention-Deficit/ Hyperactivity Disorder. The National Resource Center operates a call center with trained staff to answer questions about ADHD. The number is 1-800-233-4050. Their website has links to information for people with ADHD and their families <http://www.help4adhd.org/NRC.aspx>.



<https://www.cdc.gov/ncbddd/adhd/documents/adhdfactsheetenglish.pdf>