

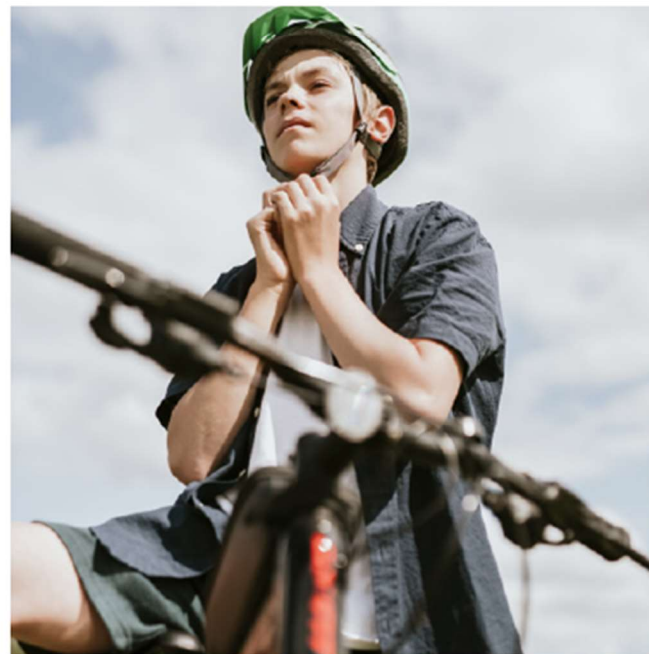
ADHD: A for Awesome!

Some brains are generally good at things while others are born "experts", great at particular areas of interest.

Your child can hyper-focus on things that they love to do!

Harnessing this will enable them to focus on their strengths and go on to achieve great things.

Their energy, tenacity and insightfulness can put them in good stead to become good creatives, entrepreneurs and leaders.



Find out more



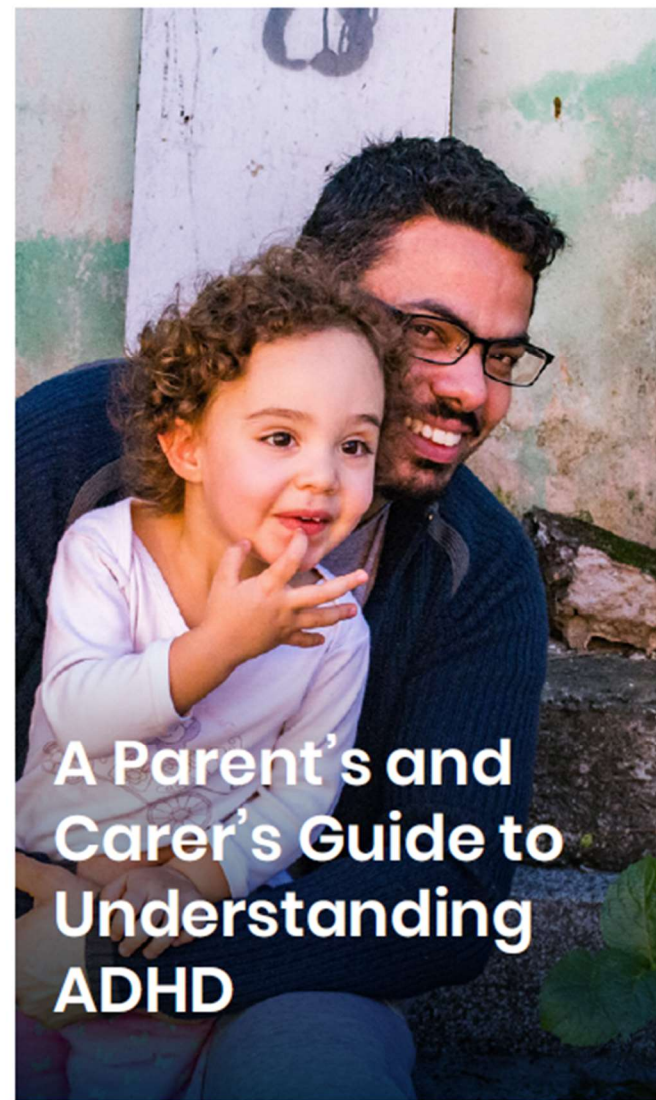
adhd.org.nz/children-and-teens-with-adhd

There are many benefits to having ADHD.

Head to adhd.org.nz to find out more about this and:

- what happens to the brain with ADHD
- details on the different types of ADHD
- how to get a diagnosis and from who, and
- what to expect when getting a diagnosis.

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A Parent's and Carer's Guide to Understanding ADHD



ADHD
New Zealand

Does this sound like you?

There's no such thing as a routine in your house. Mornings and evenings can be a nightmare of cajoling, nagging and even shouting to just get out the door or into bed.

Finding food that they'll eat, let alone that's nutritious, is the next challenge. And that's only if they sit for long enough to eat it.

While they make friends easily, keeping them is another story. Playdates go more often than they come and you're not sure how often other parents hear from their child's teachers, but you seem to hear from your child's teachers regularly.

Melt-downs are a common after-school occurrence and you're torn between succumbing to their requests for more screen-time, because you know it helps to calm them down, and the guilt of wondering how much screen-time is too much.

You love your child and you want the best for them. You've just got so much else on.

Who can help?

What is ADHD?

ADHD stands for Attention Deficit Hyperactivity Disorder. The cause of ADHD is still unknown yet it affects up to one in 20 people.

If your child has ADHD this means they have to work much harder to control and filter attention, behaviours, emotions that come naturally to others of the same age. This is the nature of the "disordered" part. It commonly results in significant fatigue and an even more profound loss of control by the end of the school day.

Go to adhd.org.nz to find out more about the three ADHD subtypes:

- ADHD predominantly Inattentive type
- ADHD predominantly Hyperactive and Impulsive type, or
- ADHD predominantly Combined type.

Think your child has ADHD?

In previous generations, ADHD was often considered "an excuse for naughty kids" or because of "bad parenting". That's simply not true!

By getting an assessment or diagnosis for ADHD, you can start to understand that there's a reason for the on-going challenges you and your child have been facing. This can be an enormous relief as well as help you, as a parent, to know when your child sincerely can't help a behaviour versus when they are being a "little monkey".

Understanding this as a parent or caregiver and accessing the treatments and strategies available can help your child to go on to make extraordinary contributions to society.

Helpful home strategies

Here are some tips to help your child make the most of ADHD:

Help yourself to get clear on what is ADHD behaviour (which they can't help) and what is not, by seeking information.

Offer a safe, quiet space for your child to calm down in if getting agitated (often needed straight after school).

Making sure they exercise every day.

Expect emotions to be reflected by your child in equal or higher levels, so stay calm whenever possible.

