

What is ADD/ADHD?

What causes ADD/ADHD

ADD/ADHD is caused by a neurological inefficiency in the area of the brain that controls impulses, aids in screening sensory input, and focusing attention.

What is ADHD?

1. Inattention/Distractibility
2. Impulsivity
3. Restlessness/Hyperactivity

Distractibility

When a child has difficulty focusing, for a period, of time on something that requires mental effort. Easily distracted when doing homework, other noise in the room.

Hyperactivity

When a child appears to be in constant motion. Tapping feet, swinging legs or wiggling her body. May get up and down in class or try to do several things at once. Switching from one thing to another without completing anything.

Impulsivity

When a child does not stop to think before they act. May blurt out answers, interrupt when someone is speaking. An impulsive child might hit another child when he gets frustrated without considering the consequences.