

What is ADHD, its symptoms and how to overcome it



What is ADHD?

A chronic condition, attention deficit hyperactivity disorder (ADHD) affects millions of children and is most often diagnosed around age 6. While symptoms might go away as the child grows, there are chances of it continuing into adulthood.



Symptoms of ADHD

- ☑ Difficulty sustaining attention
- ☑ Hyperactivity
- ☑ Impulsive behaviour
- ☑ Daydreaming
- ☑ Forgetfulness
- ☑ Constant fidgeting



Tips to help your child cope with ADHD

- ✓ Create structure by establishing rituals around simple daily tasks
- ✓ Encourage outdoor activities to use built-up energy
- ✓ Establish calming bedtime rituals to regulate sleep
- ✓ Teach your child to pause a moment before talking or replying
- ✓ Remove clutter and organize your child's space to reduce unnecessary distractions
- ✓ Break down everyday tasks to stop becoming overwhelmed
- ✓ Add exercise to routine to help improve concentration



Tips to help parents cope with their child's ADHD

- ✓ Set routines and clear boundaries
- ✓ Reinforce positive behaviour with praise or rewards
- ✓ Be positive and generous with praise
- ✓ Give specific brief instructions for daily chores
- ✓ Intervene and calm down your child before s/he starts losing self-control
- ✓ Keep an eye on what your child eats to understand if something triggers hyperactivity
- ✓ Stick to a bedtime routine
- ✓ Keep your child's school informed about any extra support your child may need



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