



What is ADHD/ADD?

People with ADHD have difficulty regulating their attention because of differences in neurotransmitter activity (the way chemicals are released and transferred within the brain) and differences in the structure of their brains. ADD is similar, but without the hyperactivity.

ADHD usually presents in three different ways:

- **Impulsivity** (blurts out answers, can't see long term consequences of actions, interrupts others, unaware of danger, answers back without thinking)
- **Inattention** (careless mistakes, loses things, doesn't seem to listen, cannot follow complex, multi-step instructions, easily distracted)
- **Hyperactivity** (fidgets, rocks, gets out of place, talks excessively, runs and climbs when not appropriate, on the go)

Children with ADHD can also have difficulties with their organisation skills and emotional wellbeing. ADHD often occurs with other conditions such as specific learning difficulties, tics or ASD.





Famous people with ADHD



ADHD and ADD can only be diagnosed by a doctor/ paediatrician. If school notice these characteristics in your child, we will discuss this with you and support you in having a conversation with your GP to look at a possible referral.

For some children it can be helpful to treat their ADHD with medication. If this involves taking a dose of medication at lunch -time then we can do this for you –please discuss it with us.

