



# ADHD



## Attention-Deficit/Hyperactivity Disorder

Attention-Deficit/Hyperactivity Disorder (ADHD) is thought to be a neurological disorder and is sometimes referred to as ADD for those without the hyperactivity. It is always present in childhood and is considered to be a chronic syndrome for which there is no medical cure.

### Causes

- Genetic
- Diet- preservatives, E numbers
- Neurological disorder
- Cerebral glucose level below 8.1%
- Alcohol, tobacco smoke, lead poisoning
- Moderate to severe protein deficiency
- Lack of fatty acids, omega 3
- Premature birth

### Consequences

- Poor handwriting
- Decoding problems
- Poor organisational skills
- Concentration problems
- Low academic achievement
- Fidgety, restlessness
- Disengagement
- Avoidance of tasks requiring high mental effort
- Failure to follow instructions
- Appearing not to listen when spoken to
- Excessive distractibility and forgetfulness
- Excessive speech
- Poor social skills
- Poor impulse control

### Strategies

- Medication, stimulants which work on the areas of the brain related to focus and attention
- Diet modification, removal of artificial colours, flavours, and some preservatives
- Use of multivitamins, zinc, and omega 3
- Caffeine
- Help with self-management
- Use kinaesthetic stimulation in class
- Flexible rules
- Brain gym
- Structured timetable

