

## **Childhood / Teenage Attention Deficit Hyperactivity Disorder**

### **An Overview of ADHD in Children & Teenagers**

This resource is focused on children and teens.

Has your child or teenager ever had trouble concentrating, found it hard to sit still, interrupted others during a conversation or acted impulsively without thinking things through? Can you recall times when your child or teen was lost in a seemingly endless train of daydreams or had difficulty focusing on the task at hand?

Most of us can picture our child or teenage son or daughter acting this way from time to time. But for some children and teens, these and other exasperating behaviors are uncontrollable, persistently plaguing their day-to-day existence and interfering with their ability to form lasting friendships or succeed in school and at home. Left untreated, such symptoms can even impact their ability to get into the college they want, or advance in their desired career.

Unlike a broken bone or diabetes, attention deficit hyperactivity disorder (ADHD, also sometimes referred to as just plain attention deficit disorder or ADD) does not show physical signs that can be detected by a blood or other lab test\*. The typical ADHD symptoms often overlap with those of other physical and psychological disorders.

The causes remain unknown, but ADHD can be diagnosed and effectively treated. Many resources are available to support families in managing ADHD behaviors when they occur.

Attention deficit disorder has been around a lot longer than most people realize. In fact, a condition that appears to be similar to ADHD was described by Hippocrates, who lived from 460 to 370 BC. The name Attention Deficit Disorder was first introduced in 1980 in the third edition of the Diagnostic and Statistical Manual of Mental Disorders. In 1994 the definition was altered to include three groups within ADHD: the predominantly hyperactive-impulsive type; the predominantly inattentive type; and the combined type (in the DSM-5, these are now referred to as “presentations”).

ADHD usually appears first in childhood, before age 12.

The good news is that attention deficit hyperactivity disorder is readily treated nowadays with psychiatric medications and psychotherapy. Don't be put off by the number of things written about ADHD — because it's a serious mental illness, a lot has been written about it! Read what you need, and leave the rest for another day.

**[Symptoms of Childhood ADHD](#)** What are the symptoms doctors and therapists use to diagnose ADHD? Are they different for children?

**[Problems & Diagnoses Related to ADHD](#)**

**[Causes & Risk Factors of Childhood ADHD](#)**

**[The ABCs of Childhood ADHD](#)**

**[How to Talk To Your Kids About ADHD](#)**

[8 Tips to Tell Your Child They Have ADHD](#)  
[Is ADHD Overdiagnosed? Yes & No](#)  
[OCD & ADHD: Is There a Connection?](#)

**[Child ADHD Treatment](#)** ADHD is readily treatable, although finding the right treatment that works for you can sometimes take time. Specific treatment options covered in this article include:

[Comprehensive Treatment of Childhood ADHD](#)  
[ADHD Behavioral Interventions for the Home](#)  
[Setting Up a Behavior Management Plan for an ADHD Child](#)  
[When Your Child's ADHD Treatment Stops Working](#)  
[Medications Used in the Treatment of Attention-Deficit / Hyperactivity Disorder](#)

### **[Helping Your Child With ADHD](#)**

Here are some ways to help your child with ADHD.  
[Helping Your Kids Keep Organized with Childhood ADHD](#)  
[21 Tips for Raising Kids with ADHD When You Have ADHD Too](#)  
[Overcoming ADHD: Helping Your Child Become Calm, Engaged and Focused Without a Pill](#)  
(Book Review)

### **Getting Help**

Help and treatment for your child or teen with ADHD is just a click away with the resources provided below.

[Getting Help for Your Child with ADHD & Prognosis](#)  
[Our Online Support Group](#)  
[Find a treatment provider now](#)  
[Recommended Books on ADHD](#)

### **[Living with ADHD](#)**

#### **Our Blogs**

[ADHD From A to Zoë](#)  
[ADHD Man of DistrAction](#)  
[Living with ADHD](#)  
[Loving a Child with ADHD](#)  
[Parent & Child with ADHD](#)  
[ADHD Millennial](#)

While no two people experience ADHD in exactly the same way, it helps to know that you and your child are not alone. These articles help your child or teen who's living with ADHD.

[Coping Tips for ADHD](#)  
[Parenting Kids with ADHD: 16 Tips to Tackle Common Challenges](#)  
[ADHD & Kids: 9 Tips to Tame Tantrums](#)  
[How to Handle Hyperactivity in Kids with ADHD](#)

## **ADHD Strategies That Work**

Finding the right motivational and behavioral strategies that actually work in children and teens with ADHD can be a challenge. These tips can help.

[Motivational Strategies for Children with ADHD](#)

[10 Strategies for Helping Kids with ADHD Build Self-Confidence](#)

[9 Surefire Strategies That Don't Work for Kids with ADHD](#)

[12 Tips to Navigate Summertime When Your Child Has ADHD](#)

## **Frequently Asked Questions About Childhood ADHD**

What are the basic facts about ADHD? Where can you go to learn the answers for people's most commonly asked questions about ADHD?

[ADHD Fact Sheet](#)

[More Q&A About Childhood ADHD](#)

[The Biggest Myths About Girls with ADHD](#)

[Our Complete ADHD Library](#)