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Do Not Panic If Your Child Has Been Diagnosed With ADHD

By Midge Wynne

If you are a parent whose child has been diagnosed with Attention Deficit Hyperactivity Disorder, do not get unnecessary tensed. You will be amazed to know that some of the greatest men in history had similar disorder in their childhood. Can you imagine, the immensely talented and remarkably successful in their respective fields, Beethoven, Agatha Christie and Walt Disney were believed to run the symptoms of ADHD? Some of the greatest scientists of all times like Einstein, Thomas alva Edison and Alexander Graham Bell were also believed to have this disorder. The world leaders like Churchill and Roosevelt suffered the similar fate in their childhood. According to some estimates nearly 3 to 10% school going children in North America are diagnosed with some forms of ADHD. So you can see, you are not the only parent whose child has ADHD and you should in fact take relief in the fact that many children in spite of having this kind of disorder became extremely successful in their chosen career at a later stage of their lives.

As the name suggests, Attention Deficit Hyperactivity Disorder is a behavioral problem among the children. The disorder manifests differently in different patients. The symptoms of ADHD are related to four major areas of behavior: inattention, hyperactivity, impulsiveness and boredom. The children diagnosed with ADHD are easily distracted, and have difficulty in remaining seated still; instead they run around everywhere. These hyper active kids are prone to maker careless mistakes and find difficulties in responding to instructions and often late or fail to complete a given task. They generally display a very short temper, throwing all kinds of tantrums, talks excessively and interrupt a lot when they are supposed to keep quiet.

Often the parents in their subconscious minds blame themselves for any kind of disorder in their children. But in case of ADHD, the parents should not feel any guilty complex, for it does not result from bad parenting or other environmental factors like dysfunctional homes, separated parents etc. It is purely caused by biological and physical factors. Genes are also responsible for a child's being suffered from ADHD. The root of the problem lies in the chemical imbalance of brain leading to some metabolic dysfunction in which neurological demands are not responded sufficiently and the information are not processed adequately. This insufficiency makes the child's brain overwork and the child becomes overstressed easily. Then, through ear infections, food allergies or due to complexities during pregnancy or even lead poisoning and head injury, ADHD may occur in some children.

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ADHD can be dealt with medications and several behavioral therapies. The ADHD medication emphasizes on development of neural building material to stimulate brain's functioning. Most experts are of the view that a systematic management of the disorder involves a three steps treatment involving school environment, home environment and medication. An Individualized Educational Plan (IEP) in school is what gives the most positive support to these children. The support from the teachers at school and among peer groups are also important for an effective management of ADHD in a child.

The scientific researches are full of evidences that with a comprehensive treatment of ADHD, it is possible to turn your child a respectable and contributing member of society in latter course of his or her life.

Check out the following sites for more info on adhd treatments and advice.

<http://guide-to-adhd.info>

,

<http://adhdSYMPTOMS.guide-to-adhd.info>

and

<http://adhd-treatments.guide-to-adhd.info>

Tips On Coping With A Child With ADHD

By Tina Barraclough

I am a mother of a 6 year old son who was recently diagnosed with Attention Deficit Hyperactivity Disorder (ADHD). I am by no means a expert on this subject – I am only a mom who struggles to help my ADHD child.

Listed below are some tips I have learned from experience along the way.

1. Life with a child who has ADHD has its challenges, but remember that your child is not acting up because they want to be difficult – they can't help it . So it 's up to you to stay calm and avoid arguing with your child. It helps to keep the daily routine and home life as calm, predictable and stress-free as possible.
2. Accept that there is a problem, whether or not you accept the diagnosis. Denial will not help you or your child.
3. Be prepared to feel guilty about the time you spend with your ADHD child compared to the time you spend with your other children. Other family members may start to feel like your are neglecting them.
4. Take care of yourself – it is often challenging to raise a child with ADHD. Caring for your own

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physical and mental health is an important part of helping your child, and will provide you with the necessary energy when you need it the most.

5. The most important thing is NEVER punish your child while you are angry. Take a breather away from the child before you hand out any punishment to your child. Discipline that belittles or shames a child can truly be harmful.

6. Start rewarding instead of punishing. You've probably already discovered how useless it is to try to punish your child when he 's running around or tuning you out. What I have found with my child is how well he responds to simple rewards. Praise good behavior immediately ("You brushed your teeth, just like I asked you to! Thanks so much!") and give your child a reward that pleases him such as a special snack or extra time to watch TV, for example. The reward should be something he can enjoy right away; kids with ADHD don 't like to wait.

7. Realize you are not alone. There are many parents out there who have a child with ADHD. If you need to talk to someone, you can find support groups out there. Talk to your Doctor or Therapist. They can point you in the right direction to find support.

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Tips On Coping With A Child With ADHD

Understanding ADHD

Beyond ADHD... The Real Child

ADHD Beyond The Classroom

Inside Looking Out At How To Get Rid Of Your Anxiety And Panic

Baby's First Year –What Parent Needs To Know

The Truth About Diabetes

Help Your Child Succeed In School

Use and Abuse of Steroids

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