

Does Your Child have Attention Deficit/Hyperactivity Disorder (AD/HD?)

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Does Your Child have Attention Deficit/Hyperactivity Disorder (AD/HD?)

By David Fitzgerald

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AD/HD (Attention Deficit/Hyperactivity Disorder) is a disorder that can have serious repercussions on the personal as well as a professional life of those affected and is believed by many to be overlooked too long.

Children with AD/HD are distinguished by patterns showing inattention, hyperactivity, and impulsivity. Most of these symptoms appear in a child's early life, but can show up in late childhood. It is important if you suspect your child has this disability to have him/her thoroughly test and diagnosis by a professional specializing in this field.

Symptoms for this characteristics may take months even in some cases years to note the learning disability in a child. It is important to watch your child's behavior for early detection. Some situations may alert a child's problem quicker than others

It is not uncommon for a child with the symptoms of impulsiveness and hyperactivity to be notice quicker than the child with inattention. This is because different symptoms will be noted in different environments. A child in school, who is restless and disrupts the class, will be noticed quickly. But a child who is inattentive, a daydreamer, sitting quietly in the back of the room may be missed for as much as a year or more.

I would like to note at this time, all children are sometimes restless, sometimes act without thinking, and sometimes daydream the time away. They are children, and they are learning and growing

It is when these symptoms of hyperactivity, distractibility, and poor concentration began to affect the performance of a child's work in school or even his behavior at home that one should suspect AD/HD. It is the varying symptoms of AD/HD, which makes the learning disability so difficult to diagnose. This is especially true for children whose symptom of inattentiveness is the major problem.

As mentioned above there are three types or patterns of AD/HD inattention, hyperactivity, and impulsivity:

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Inattention: Children who are inattentive have a hard time keeping their minds on any one thing and may get bored with a task after only a few minutes. If they are doing something they really enjoy, they have no trouble paying attention. But focusing deliberate, conscious attention to organizing and completing a task or learning something new is difficult.

Homework is particularly hard for these children. They will forget to write down an assignment, or leave it at school. They will forget to bring a book home, or bring the wrong one. The homework, if finally finished, is full of errors and erasures. Homework is often accompanied by frustration for both parent and child.

Hyperactive children always seem to be "on the go" or constantly in motion. They dash around touching or playing with whatever is in sight, or talk incessantly. Sitting still at dinner or during a school lesson or story can be a difficult task. They squirm and fidget in their seats or roam around the room.

Or they may wiggle their feet, touch everything, or noisily tap their pencil. Hyperactive teenagers or adults may feel internally restless. They often report needing to stay busy and may try to do several things at once.

Impulsive children seem unable to curb their immediate reactions or think before they act. They will often blurt out inappropriate comments, display their emotions without restraint, and act without regard for the later consequences of their conduct. Their impulsivity may make it hard for them to wait for things they want or to take their turn in games. They may grab a toy from another child or hit when they're upset.

From these three types come three subtypes, combinations of the basic types.

1. Predominantly hyperactive–impulsive type

- a. Feeling restless, often fidgeting with hands or feet, or squirming while seated
- b. Running, climbing, or leaving a seat in situations where sitting or quiet behavior is expected
- c. Blurting out answers before hearing the whole question
- d. Having difficulty waiting in line or taking turns

2. Predominantly inattentive type

- a. Feeling restless, often fidgeting with hands or feet, or squirming while seated
- b. Running, climbing, or leaving a seat in situations where sitting or quiet behavior is expected
- c. Blurting out answers before hearing the whole question
- d. Having difficulty waiting in line or taking turns.

3. A Combination of both

Not everyone who is overly hyperactive, inattentive, or impulsive has ADHD. Since most people sometimes blurt out things they didn't mean to say, or jump from one task to another, or become disorganized and forgetful, how can specialists tell if the problem is ADHD?

Because everyone shows some of these behaviors at times, the diagnosis requires that such behavior be demonstrated to a degree that is inappropriate for the person's age. The behavior should appear before the age of 7 and the behavior must be consistent over several months.

Another indication in detecting the learning disability is to note if it is affecting two areas of the child's

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life. Some of these areas are schoolroom, playground, at home, community programs, or any social setting. So a child who is acting up on the playground, but seems normal in class, at home or other social events would not be diagnosed with AD/HD.

So it is important that you consult with a trained physician. Ideally, a professional in your area should make the diagnosis with training in ADHD or in the diagnosis of mental disorders. Clinical social workers may also have such training.

For More Information on AD/HD see our website.

Source: Nation Institute of Mental Health

David Fitzgerald is the owner of www.delvebookstore.com and develops sources on topics his customers have noted concerns.

What is ADHD?

By Jeannine Virtue

It seems that the "What is ADHD" question is not very easy to answer, despite the plethora of studies, research and Attention Deficit Hyperactivity testing over the past decades.

In asking the question, "What is ADHD," it is easier to answer by describing what ADHD is not. Attention Deficit Hyperactivity Disorder testing and research has not proven that ADHD is a medical condition. There is no concrete research that supports that Attention Deficit and Attention Deficit Hyperactivity Disorder is a genuine disorder or a disease.

What we do know is that Attention Deficit Disorder and ADHD is becoming a modern day American plague. It is the fastest growing diagnosis given to children and teens, often based on subjective Attention Deficit Disorder Hyperactivity testing of parent ratings and doctor observations.

Doctors use a standard checklist of characteristics when Attention Deficit Hyperactivity testing to make a diagnosis and prescribe a standard course of stimulant drug therapy in the treatment of Attention Deficit Hyperactivity.

ADHD symptoms commonly include aggressive behavior, constant activity, easy distractibility, impulsiveness and/or the inability to concentrate. These ADHD symptoms may include fidgeting or constant movement, excessive talking and difficulty participating in "quiet" activities like reading.

Attention Deficit Hyperactivity Disorder children always seem to be in motion. They dash around, wiggle, squirm, fidget and talk nonstop. They are whirlwinds that leave messes, throw tantrums, start fights and act obstinate.

It's hard to miss ADHD in children but if the parent happens to miss the signs, the child's teacher certainly will make a point of clearly pointing it out to the parent.

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The most prevalent, and most controversial, treatment of Attention Deficit Hyperactivity Disorder is drug therapy. The top drugs of choice being Ritalin, Adderall, Dexedrine and Concerta.

Now here's the scary part; These commonly prescribed drugs in the treatment of Attention Deficit Hyperactivity Disorder and Attention Deficit Disorder fall in the same drug category (Schedule II) as cocaine, methadone and opium.

Only a decade ago, Attention Deficit Hyperactivity Disorder testing and treatment of Attention Deficit Hyperactivity Disorder was virtually unheard of.

The 1987 edition of the Webster's Dictionary, touting 50,000 entries and modern definitions, does not even include the word "Hyperactive" or "Hyperactivity." The American Psychiatric Association did not name Attention Deficit as a disorder until 1990.

Young boys, by nature have higher levels of energy than their female counterparts. Boys are diagnosed at a rate three times higher than girls.

When did active, high-spirited, strong-willed and oft times uncooperative kids move from kids being kids to children having a mental disorder? If using ADHD medication sales as a marker, this shift began right about the time the American Psychiatric Association named this set of characteristics as a disorder.

Since 1990, prescriptions for ADHD medications quintupled.

As Attention Deficit Hyperactivity testing and treatment of Attention Deficit Hyperactivity Disorder reach all-time highs and continue to climb in this country, other countries around the world seem relatively unaffected by this "disorder." This is America's plague.

This country uses 500% more Ritalin than all the rest of the world combined.

It is rare to find an Asian child undergoing Attention Deficit Hyperactivity Disorder testing, much less receiving treatment. European children are diagnosed at a rate of about 10 percent of their American counterparts.

Either the United States has some pretty hyped up kids or American doctors are over-diagnosing Attention Deficit and Attention Deficit Hyperactivity Disorder.

Some people argue that Attention Deficit and Attention Deficit Hyperactivity Disorder are not disorders at all, but simply personality types. Some people can sit still, pay attention, concentrate on specific tasks and exhibit proficient social skills. Others get fidgety, jump from project to project or just do not fit in the societal "norm."

The argument is that ADHD people are not "sick" and in need of dangerous drug therapy but simply have a different way of dealing with the conventional world.

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Sure these high-energy and on-the-go kids can be incredibly irritating to teachers, energy draining to parents and general all-around hassles in the grocery store but they are also unique, creative, expressive and full of life. And boy, are they full of life!

Maybe we, as a society, should encourage some of these freethinking traits instead of expecting these children to sit quietly.

After all, had Albert Einstein, Ludwig Van Beethoven, Frank Lloyd Wright, Pablo Picasso, Leonardo da Vinci, Thomas Edison and Henry David Thoreau grown up in today's society, they likely would have been slapped with the Attention Deficit label and placed on medications to make them conform to societal standards.

Should we stifle the natural enthusiasm and fervor of hyperactive people with drug medications? Would we have the genius of these incredibly unique minds if stifled by altering drugs?

You have to wonder...

In the conventional treatment of Attention Deficit Hyperactivity Disorder, the goal is short-term, as are

the effects. The goal is to make the child more compliant (usually so they can sit quietly in school) and ADHD medications do work effectively for the majority of children.

However, the price paid for compliant children can be detrimental to the child's mental and physical well being is high.

You want your child to be able to focus, sustain attention and behave calmly and appropriately on his own instead of relying on a pharmaceutical drug to do that for him. We do not want a generation of children to grow up automatically thinking that drugs are the answer.

Treatment should address the root of the problem instead of temporarily masking the symptoms and it should produce lasting changes instead of "fixing" the problem for a couple hours.

A large body of research indicates that environmental factors – nutritionally deficient diets, lead poisoning, food allergies and such – cause ADHD symptoms.

By ruling out environmental toxins, food allergies and other possibly causes and by increasing the body's strength and wellness through sound diet and nutritional supplementation, Attention Deficit problems can be gently and effectively addressed without the use of dangerous medications.

We also believe that ADHD should stand for "Absolutely Delightful, Hardy and Daring" young children that will one day grow into fine adults if raised in an accepting, loving and stable environment.

So what is ADHD? Nothing to be feared, nothing to be dreaded, nothing other than a label placed on the societal wild children that need a little extra love and a whole lot of patience.

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Jeannine Virtue is a freelance journalist and mother of an Attention Deficit Disorder son. To learn about effective alternatives to Ritalin and other ADHD medications, visit

What is ADHD?

How ADD Affects Families

Types Of Add Manifestation In Children

ADHD Beyond The Classroom

Do Not Panic If Your Child Has Been Diagnosed With ADHD

Baby's First Year –What Parent Needs To Know

Help Your Child Succeed In School

HIV/Aids Healed by the Power of God

How To Overcome Snoring and Sleep Apnea

Understanding Acne: Causes, Cures and Myths



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