



Understanding Attention Deficit Hyperactivity Disorder (ADHD)

What are the symptoms of ADHD?

ADHD is frequently first diagnosed in childhood. Children with ADHD may have trouble paying attention, controlling impulsive behaviors (may act without thinking about what the result will be), or be overly active.¹

Your child may have one or many of these symptoms²:

- fails to notice details
- makes careless mistakes
- has trouble organizing and finishing tasks
- doesn't seem to be listening when spoken to
- fails to finish class work and homework
- avoids tasks that require mental effort over long periods of time
- loses school supplies
- easily distracted
- forgetful in daily activities
- fidgets or squirms in seat
- leaves seat and runs about
- unable to play quietly
- talks incessantly
- blurts out answers
- seems "on the go"
- has difficulty waiting their turn
- interrupts or intrudes on others

If your child has any of the symptoms of ADHD, there are treatment options you can discuss with your healthcare provider.

Will my child outgrow ADHD?

ADHD continues into adolescence and adulthood in most cases. Although hyperactivity and impulsivity may decrease with age, problems with attention may last longer. Adults with ADHD can continue to lead productive lives by developing their strengths and using medication when needed.^{3,4}

Why do so many children have ADHD?

While it isn't clear whether more children have ADHD or more children are being diagnosed with ADHD the number of children who are being treated for ADHD has risen. There is greater awareness of the condition and ways of diagnosing and treating ADHD have improved.⁵

Is there a cure for ADHD?

As of now, there is no cure for ADHD, but research is ongoing to learn more about the causes and impact of ADHD and how best to treat patients with ADHD.⁶ The proper medication and treatment plan can help manage the symptoms and reduce problematic effects associated with untreated ADHD. Treatments may include behavioral therapy, parent training and psychoeducation, and school-based accommodations to the child's education program.^{3,4}

What causes ADHD?

ADHD frequently runs in families. A child with ADHD has a 1 in 4 chance of having a parent with ADHD. Research to date has shown ADHD may be caused by a number of different factors. However, there is no evidence that ADHD is caused by sugar consumption, food additives, allergies, or immunizations.⁵

Please visit TrisADHD.com for more information on ADHD and medication options.

Write in more questions to ask your healthcare provider:

SEE THE NEXT PAGE FOR HELPFUL TIPS

Tips to help your child with ADHD

The tips listed below are not all of the ways you can help your child. Talk to your healthcare provider about the best treatment approach for your child before implementing any of these tips.



Create a plan with your healthcare provider

Medication may be helpful to control symptoms of ADHD. Your healthcare provider may also suggest behavioral therapies and modifications to educational plans. It is important to follow all treatment plans with your healthcare provider, including adjusting the dose or changing the medication.⁷



Stay in contact with your child's teacher

Communication with your child's teachers is very important to build consistency and learn which strategies are effective. Ask them about techniques that have been successful and implement the same practices at home. You may also want to request a weekly report on your child's behavior, and how ADHD symptoms may be affecting their progress.



Provide helpful reminders

Charts and checklists can help track progress on homework and chores. Keep instructions brief and offer frequent, friendly reminders.⁷



Maintain predictable routines

Changes are a part of life, but people with ADHD can benefit from maintaining regular routines. Try a wall calendar to track daily and coming events. Discuss changes well in advance, so that there are fewer surprises.⁷



Set small, achievable goals

Break tasks down into clear goals that have specific time periods. Help your child not feel overwhelmed by providing only 2 or 3 options at a time. It can also help to build in regular breaks.⁷



Reward positive behavior

Offer kind words, hugs, or small prizes for reaching goals in a timely manner or for good behavior. Praise and reward your child's efforts.⁷



More resources

American Academy of Pediatrics
www.healthychildren.org/adhd

Children and Adults with ADHD
www.chadd.org



For more information about ADHD, talk to your healthcare provider.

References: 1. Centers for Disease Control and Prevention. Attention-Deficit/Hyperactivity Disorder. CDC website. Accessed May 22, 2024. <https://www.cdc.gov/adhd/> 2. American Academy of Pediatrics. Understanding ADHD: Information for Parents. HealthyChildren.org website. Accessed May 22, 2024. <https://www.healthychildren.org/English/health-issues/conditions/adhd/Pages/Understanding-ADHD.aspx> 3. American Academy of Pediatrics. Treatment & Target Outcomes for Children with ADHD. HealthyChildren.org website. Accessed May 22, 2024. <https://www.healthychildren.org/English/health-issues/conditions/adhd/Pages/Treatment-of-ADHD-and-Related-Disorders.aspx> 4. American Academy of Child & Adolescent Psychiatry. ADHD Parents' Medication Guide. American Academy of Child & Adolescent Psychiatry website. Accessed May 22, 2024. https://www.aacap.org/AACAP/Families_and_Youth/Family_Resources/Parents_Medication_Guides.aspx 5. American Academy of Pediatrics. Causes of ADHD: What We Know Today. HealthyChildren.org website. Accessed May 22, 2024. <https://www.healthychildren.org/English/health-issues/conditions/adhd/pages/Causes-of-ADHD.aspx> 6. Faraone SV, Bellgrove MA, Brikell I, et al. Attention-deficit/hyperactivity disorder. *Nature reviews disease primers.* (2024); 10:11: <https://doi.org/10.1038/s41572-024-00495-0> 7. Centers for Disease Control and Prevention. Treatment of ADHD. CDC website. Accessed May 22, 2024. <https://www.cdc.gov/adhd/treatment/index.html>.

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