

## What to do if you suspect your Child Might Have ADHD

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*Reaching your achievement potential*

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Attention-Deficit / Hyperactivity Disorder is also known as ADHD or ADD. The diagnosis must be made by a qualified Psychologist, Psychological Associate, Psychiatrist or Pediatrician.

These points can assist parents and educators in determining whether to refer a child for assessment and diagnosis.

- Symptoms, such as restlessness and inability concentrate may occur as a reaction to various life stresses. ADHD might not be the cause.
- ADHD is a separate disorder from learning disabilities, although a student might have both disorders. Neither one causes the other.
- ADHD begins in childhood. Adult onset of the symptoms is likely related to a different problem.
- ADHD symptoms and resulting impairment must occur in at least 2 different settings, such as home and school or work.
- Persons who have the predominantly inattentive type of ADHD do not show excessive motor restlessness.
- Many of the symptoms of ADHD are also present in other problems, such as depression and anxiety. The real cause of the symptoms must be determined through diagnosis.
- Medical problems could interfere with a child's attention and concentration. Be sure to get a medical examination that considers a wide range of causes of the symptoms.

An assessment for ADHD usually includes questionnaires for parents and teachers to describe the person's functioning in the home and school settings.

Further information is available through:

C.H.A.D.D., the support and advocacy group for parents of children with ADHD

<http://www.chadd.org>

Teach ADHD, a resource from the Hospital for Sick Children

<http://www.teachadhd.ca/Pages/default.aspx>

The ABCs of Mental Health is a free on-line resource for parents and teachers. The chapter on The Inattentive Child is a guide to observing difficulties and provides strategies to support the development of attention controls

<https://www.hincksdellcrest.org/ABC/Welcome>