



Attention Deficit Disorder: A Parent's Guide



Copyright © 2024 Inspire Allied Health and Education Group PTY LTD.

All rights reserved.

The content of this information, including but not limited to all text, graphics, images, and other materials, is owned by Inspire Allied Health and Education Group PTY LTD and is protected by Australian copyright laws and international treaty provisions. This information is licensed for use, not sold. Unauthorised reproduction or distribution of this program, or any portion of it, may result in severe civil and criminal penalties, and will be prosecuted to the maximum extent possible under the law.

For permissions requests, please contact

Rebecca Garnsey @ rebecca.garnsey@inspireaheg.com.au

Inspire Allied Health and Education Group PTY LTD

PO Box 275,

Camden NSW 2570

Australia

Disclaimer:

The information provided by Inspire Allied Health and Education Group PTY LTD has been designed by allied health professionals and is intended for general purposes only and is not tailored to the specific circumstances of any individual. It is not a substitute for professional medical advice, diagnosis, or individual treatment.

Furthermore, Inspire Allied Health and Education Group PTY LTD cannot be held responsible for any misuse, misinterpretation or adverse effects that may arise from the use of this information. While every effort has been made to ensure the accuracy and reliability of the information provided, Inspire Allied Health and Education Group assumes no responsibility for errors or omissions.

By using this information, you agree to release and hold harmless Inspire Allied Health and Education Group PTY LTD and its employees, agents, and representatives from any and all claims, demands, and damages (actual and consequential) of every kind and nature, known and unknown, suspected and unsuspected, disclosed and undisclosed, arising out of or in any way connected with your use of this program.

If you have any questions, please contact Inspire Allied Health and Education Group's CEO at rebecca.garnsey@inspireaheg.com.au

Inspire Allied Health and Education Group PTY LTD

PO Box 275,

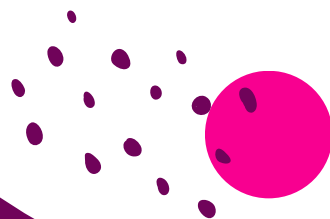
Camden NSW 2570

Australia



What is Attention Deficit Disorder?

Attention Deficit Disorder, is a neurodevelopmental condition that affects a child's ability to focus, control impulses, and regulate their energy levels.





Different Types of Attention Deficit Disorder:

Inattentive Type:

Children with this type have difficulty sustaining attention and are easily distracted but do not exhibit hyperactivity or impulsivity.

Hyperactive-Impulsive Type:

In this type, children display hyperactivity and impulsivity without significant inattention.

Combined Type:

Children with the combined type experience both inattention and hyperactivity-impulsivity.



Checklist for Parents: Characteristics of — Attention Deficit Disorder

To help you assess if your child may have Attention Deficit Disorder, here is a checklist of common characteristics:

- ✓ Frequent difficulty paying attention, even to enjoyable activities.
- ✓ Trouble staying organised or completing tasks.
- ✓ Forgetfulness regarding daily responsibilities.
- ✓ Frequently losing or misplacing items.
- ✓ Easily distracted by noises or other environmental factors.
- ✓ Struggles to follow instructions or finish schoolwork.
- ✓ Acts impulsively without thinking through consequences.
- ✓ Frequent careless mistakes in schoolwork or other activities.
- ✓ Avoidance or procrastination when faced with tasks that require sustained mental effort.
- ✓ Impaired time management skills.



Who and How is Attention Deficit Disorder Diagnosed?

Diagnosing Attention Deficit Disorder involves a comprehensive assessment by a healthcare professional including paediatricians, child psychologists, psychiatrists, and developmental specialists. Typically, the diagnostic process includes a review of the child's developmental history, behaviour observations, and assessments to rule out other possible causes.



If You Suspect Your Child has Attention Deficit Disorder:

1. Consult a Professional:

Schedule an appointment with your child's paediatrician or Psychologist who can assess your child's behaviour and provide a diagnosis.

2. Keep Records:

Document your child's behaviours and difficulties. Include specific examples, their frequency, and any observed patterns.

3. Engage with Teachers:

Communicate with your child's teachers to gain insights into your child's behaviour and performance in the school setting.



Next Steps to Support a Child with Attention Deficit Disorder:

1. Educate Yourself:

Learn more about Attention Deficit Disorder and its management through books, websites, and support groups.

2. Treatment Options:

Explore treatment options, which may include behavioural therapy, medication, or a combination of both, tailored to your child's needs.

3. Engage with Teachers:

Communicate with your child's teachers to gain insights into your child's behaviour and performance in the school setting.

4. Advocate for Your Child:

Work with your child's school to develop an Individualised Education Plan (IEP).

5. Build a Support Network:

Connect with other parents facing similar challenges to share experiences and gain valuable insights.



Strategies to Support Children with Attention Deficit Disorder:

Establish a Routine: Create a consistent daily schedule to help your child predict what's coming next and reduce anxiety.

Set Clear Expectations: Clearly communicate rules, expectations, and consequences for behaviour.

Break Tasks into Smaller Steps: Help your child tackle tasks by breaking them down into manageable chunks.

Use Visual Reminders: Visual schedules, charts, and checklists can help your child stay organised and on track.

Provide Frequent Breaks: Allow short, regular breaks during tasks to prevent mental fatigue.

Create a Distraction-Free Environment: Minimise distractions by having a quiet, clutter-free study or work area.

Use Positive Reinforcement: Reward desired behaviours with praise, tokens, or privileges.

Limit Screen Time: Set boundaries on screen time and encourage physical activities instead.

Teach Time Management: Use timers and clocks to help your child manage their time effectively.

Encourage Physical Activity: Regular exercise can improve focus and attention.

Encourage Healthy Eating: A balanced diet can impact attention and behaviour.

Provide Adequate Sleep: Ensure your child gets enough sleep as sleep deficits can exacerbate Attention Deficit Disorder symptoms.



Break Down Complex Instructions: Give one instruction at a time to avoid overwhelming your child.

Use Multisensory Learning: Engage different senses in learning activities to enhance retention.

Foster Organisation Skills: Teach your child to use tools like calendars, planners, and binders to stay organised.

Social Skills Training: Help your child develop social skills through role-play and coaching.



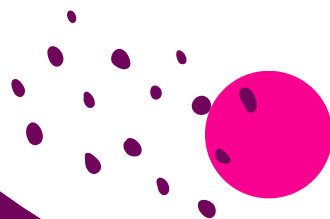
Encourage Self-Advocacy: Teach your child to express their needs and preferences to teachers and peers.

Medication Management: If prescribed, ensure your child takes medication as directed and monitor its effectiveness.

Provide Emotional Support: Offer understanding and emotional support to help your child build self-esteem.

Seek Professional Help: Collaborate with healthcare professionals, therapists, and educators to develop and implement effective strategies.

Remember that every child is unique, and a personalised approach to Attention Deficit Disorder management is crucial. With the right support and resources, your child can thrive and reach their full potential. Please reach out to Inspire Allied Health and Education Group to see how we can support you and your child.





Contact

Phone Number: (02) 4666 4255 / (02) 4648 0837

Email: hr@inspireaheg.com.au

Website: www.inspireaheg.com.au

 www.inspireaheg.com.au

 [@inspireahegrp](https://www.instagram.com/inspireahegrp)

 [inspireahegrp](https://www.facebook.com/inspireahegrp)

Interested in our services? Click the link below to register:

[https://macarthurchildrensdevelopmentalclinic.snapforms.com
.au/form/participant-intake-form](https://macarthurchildrensdevelopmentalclinic.snapforms.com.au/form/participant-intake-form)

