

ADHD / Attention-deficit hyperactivity disorder

● is real.

ADHD is caused by differences in the brain. Just “trying harder” doesn’t make it easier to focus.

● is common.

Millions of kids and adults have ADHD. Some are hyperactive. Some are daydreamy. All struggle with skills called executive functions.

● can be a strength.

People with ADHD are often outside-the-box thinkers. Many are entrepreneurs. With the right structure and support, they can get things done and thrive in school and in life.

▲ **ADHD isn’t caused by laziness or lack of discipline.**

Trouble areas

- ▶ Paying attention
- ▶ Impulse control
- ▶ Sitting still
- ▶ Following directions
- ▶ Managing emotions
- ▶ Getting and staying organized
- ▶ Remembering information long enough to use it
- ▶ Getting started on tasks

Ways to help

1. Movement breaks, sensory tools, and mindfulness to help stay focused and manage emotions
2. Step-by-step instructions, digital reminders, timers, and a quiet work space to complete tasks
3. Treatments like ADHD medication and behavior therapy