

10 Things You Want Your Child's Teacher to Know About ADHD

1. Medication Cannot Fix ADHD

Medication is frequently the first recommendation from physicians. Although, this is not suitable for every individual because it often creates additional problems such as loss of appetite, disrupted sleep patterns, and sluggish or slowed processing.

2. High Energy and ADHD

Excessive energy can be a contributing factor of ADHD, but this does not mean your child has the disorder. Many individuals with ADHD may also have difficulty getting off the couch and out the door.

3. The Attention Span for The Right Things

What they can't do well is controlled by what they choose to pay attention to. If something isn't inherently interesting to them, it takes a huge amount of effort for them to tune in.

4. There Isn't One Brand Of ADHD

Some children with ADHD can be very popular, the funniest, or most interesting person in the classroom – even as they struggle to achieve academically. Other children may struggle with friendships, but are great under pressure and test taking. In other cases, some children may be thrill seekers one minute and couch potatoes the next.

5. ADHD Has No Effect on Intelligence

Having ADHD does not mean your child is unintelligent. There are children and teens with ADHD who are at the top of their classes, or go onto to become well accomplished in every vocational endeavor there is.

6. Many Struggle With Short-Term Memory and Working Memory

Children with ADHD may recall facts about situations from the past, but they may, however, have difficulty remembering what the teacher said 3 minutes earlier. Others may struggle to plan ahead or make sense of information.

7. Trouble With Sticking to Regular Routines

Keeping regular routines can often be a challenge for children with ADHD. Planners and assorted scheduling options can be an enormously helpful tool.

8. ADHD Can Appear Differently Throughout Life

Often times, symptoms can potentially become more challenging as the child grows older. What may have been manageable in elementary school, soon becomes too much to handle in middle or high school. Greater academic requirements and social expectations may throw a stable student into turmoil. Especially in situations where stress is high.

9. Finding and Tapping Into a Child's Strengths Can Help a Student With ADHD Thrive

Just like everyone else, people with ADHD need to understand their strengths and weaknesses to find or build an environment to help them thrive. If a child excels in writing, swimming, gardening or whatever it might be, encourage that strength! It will help to create a productive lifestyle and builds self-esteem.

10. ADHD Is Treatable

Don't accept medication as the only solution to your child's ADHD. You have many other options which are evidence based and can provide better results than a prescription drug.