

## **Is it ADHD?**

(In American Sign Language)

Having Attention-Deficit/Hyperactivity Disorder, or ADHD, means having trouble with inattention, such as daydreaming or being easily distracted, or with hyperactivity or impulsivity, such as being fidgety or acting without thinking. Both of these can also occur together. Many children have these symptoms some of the time. But for children with ADHD, the symptoms last a long time, are severe, and can cause problems at home, at school, or with friends. To find out if your child has ADHD, ask your doctor. A checklist filled out by parents, teachers, and sometimes the child, can help to tell if it's ADHD or another problem. A medical exam can rule out problems with hearing, vision, or sleep, that sometimes look like ADHD. There are ways to help children with ADHD. Recommended treatment includes behavior therapy, particularly training for parents, and medication. For children under six, it's best to start with parent training. School accommodations, such as changes and adjustments, and interventions, like support and extra help, are an important part of treatment. Parents, doctors, and teachers can work together to help children with ADHD succeed. Learn more at [www.cdc.gov/adhd](http://www.cdc.gov/adhd).