

# Questions and Answers

Most children have the combined subtype of ADHD. This means they show all the typical features of ADHD.

Some children are very active and impulsive, but do not have attentional difficulties.

Others are diagnosed with the inattentive type only (sometimes referred to as Attention Deficit Disorder - ADD). They may struggle to pay attention in school but do not display many hyperactive or impulsive behaviours.

## **Does it affect boys and girls differently?**

ADHD is more common in boys. However, girls with ADHD are less likely to be diagnosed - they are typically less disruptive than boys and their difficulties go unnoticed. They are more likely to have the inattentive subtype.

## **Will my child always have ADHD?**

Symptoms may change over time. All young children are excitable and do not yet have the ability to think before they act, so it makes sense that these features tend to be more problematic for young children with ADHD.

By adolescence, excessive activity may be replaced by inner feelings of restlessness. In the classroom, instead of constantly getting out of their seat, children may fidget and have overly busy minds.

Although ADHD is often thought of as a childhood condition, as many as 60% of children who are diagnosed go on to experience some symptoms in their adult life.

## What causes ADHD?

ADHD is a neurobiological disorder. This means that there is a slight difference in the way that the brain functions. The cause is probably an imbalance of some chemicals in the brain. ADHD often runs in families as there is a strong genetic link.

It is a myth that ADHD is caused by bad parenting or a poor diet, and it is certainly not the child's fault.

However, there are lots of ways that as a parent, you can support your child and find ways to improve difficult behaviour. Understanding ADHD is the first step. Seeking advice and making the most of the treatments available will be hugely important for your child's development.

**If you have any questions, you can write them below:**

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