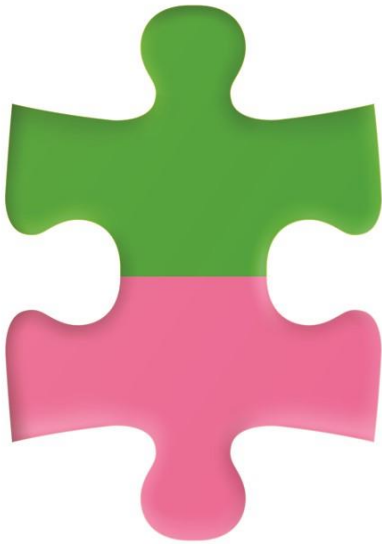


Attention Deficit Hyperactivity Disorder



Common areas of gifting or strength

- ❖ Deep focus on area of interest
- ❖ Creative expression or problem-solving, imagination
- ❖ Passionate energy for ideas

Common areas of challenge

- ❖ Focusing on the right thing all the time
- ❖ Staying still
- ❖ Learning things not of interest

Quick facts

- ❖ There are 3 types of ADHD:
 1. Inattentive type
 2. Hyperactive type
 3. Combined type
- ❖ ADHD is a neurological difference, meaning it has to do with the way the brain is “wired”. Strategies and supports help! (Trying harder to pay attention may not help so much).
- ❖ A diagnosis of ADHD indicates that a doctor sees a gap between what the individual has the potential to do, and what the individual is currently able to do without support.
- ❖ Medication may help some individuals focus and organize their thoughts, but often have side effects like loss of appetite or mood changes.

Resources

Further Learning

- ❖ allbelong.org/resources/supporting-emotional-well-being
- ❖ chadd.org/
- ❖ understood.org

Books for Adults

- ❖ *[Kids in the Syndrome Mix](#)*, by Martin L. Kutscher MD
- ❖ *[Reaching for a New Potential](#)*, by Dr. Oren Mason
- ❖ *Learning Disabilities and the Church: Including All God's Kids in Your Education and Worship*, by Cynthia Holder Rich and Martha Ross-Mockaitis

Books for Kids

- ❖ *All Dogs have ADHD*, by Kathy Hoopman (video read-aloud at youtube.com/watch?v=wjS6yDAm3oY)
- ❖ *Hi, It's Me, I have ADHD*, by Katelyn Mabry (video read-aloud by author at youtube.com/watch?v=hbRgGxBGEwk)

Videos

- ❖ adhdawarenessmonth.org/how-to-deal-with-adhd/ (2:00)
- ❖ howtoadhd.com (7:38), also see a [page of videos](#) that range in length
- ❖ Rick Green's "Everyone Has Those ADHD Symptoms!" (8:00) youtu.be/55PKfQzdLbw
- ❖ "What's it like to have ADHD?" (2:14) youtube.com/watch?v=Hl7Ro1PUjmE