How To Spot ADHD

Attention-deficit/hyperactivity disorder is an increasingly common, somewhat perplexing, behavior problems. How do you know if your child has ADHD or is simply going through a rough stage? Here are some clues and what your pediatrician should do:

Symptoms:

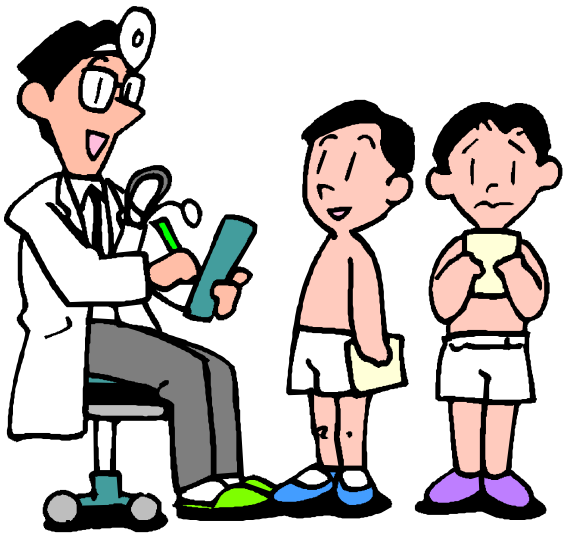
Inattention. Your child seems not to listen often, makes careless mistakes, and fails to give attention to details; fails to follow through on directions; is forgetful in daily activities; and avoids or dislikes tasks that require sustained mental effort, like homework.

Hyperactive. Your child fidgets often; gets up from the seat in the classroom when he or she should be sitting down; and talks excessively.

Impulsive. Your child often has difficulty waiting for his turn, and butts into conversations or games.

What your pediatrician should look for:

1. The symptoms should be present in at least two settings, like home and school, and should have persisted for at least six months.
2. Doctors should look for the specific 18 symptoms recently outlined in the American Academy of Pediatrics and the American Psychiatric Association.
3. Doctors should talk extensively with both parents and teachers.
4. Doctors should also investigate other conditions.



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