



At Huddle Up, we bring our specialist providers, children, school staff, and families together with high quality care that supports the whole community.

Better Care Together.

www.huddleupcare.com

Speech Therapy
Occupational Therapy
Mental Health Counseling
Resources & Education

“1 in 10 children between ages 5–17 years receives an ADHD diagnosis, making this one of the most common childhood neurodevelopmental disorders in the United States.”

Centers for Disease Control (CDC)



LET'S LEARN MORE ABOUT

ADHD

ABOUT ADHD

ADHD (Attention Deficit Hyperactivity Disorder) is a mental health disorder that affects children and adults. It can cause above-normal levels of hyperactive and impulsive behaviors and inattention.

Common behaviors include:

- Being easily distracted
- Having trouble concentrating on tasks
- Being forgetful when completing tasks
- Having difficulty sitting still
- Acting hastily without thought
- Interrupting others.

ADHD is often first identified in school-age children when it causes classroom disruptions or problems with schoolwork.



SUPPORT TIPS

People with ADHD may benefit from therapy with an experienced speech or occupational therapist to help increase attention span.

If you know someone with ADHD, the following activities can be helpful for them:

- Keep a consistent schedule with structure and regular expectations.
- Students with ADHD may benefit from study skills instruction, changes to the classroom setup, alternative teaching techniques, and a modified curriculum.
- Minimize distractions in their environment as much as possible.

FAST FACTS

- Boys are more than twice as likely to receive an ADHD diagnosis.
- 3 out of 4 children with ADHD have a relative with ADHD.
- ADHD symptoms are not a result of being defiant, hostile, or unable to understand a task or instructions.
- A physician will likely use a variety of tests, checklists, rating scales, and a physical exam to diagnose ADHD.
- Treatment for ADHD typically includes behavioral therapies, medication, or both.
- Physical activity, a healthy diet, and limited screen time can also be beneficial.

ADDITIONAL RESOURCES

- [National Institute of Mental Health](#)
- [American Psychiatric Association](#)
- [Healthline](#)

FOR EXPERT HELP

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