

ABOUT
ADHD
A GUIDE FOR CHILDREN



Developed by

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ADHD, attention deficit
and hyperactivity disorder.

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WHAT IS ADHD?

ADHD =
*Attention Deficit
Hyperactivity Disorder*

Everyone with ADHD is different
but people with ADHD sometimes
have these sorts of problems:

- Find it hard to sit still
- Feel very fidgety
- Easily bored
- Have lots of energy
- Talk a lot
- Seem to get in trouble more
than others
- Say or do the first thing that
comes into their head without
thinking
- Find it hard to focus at school

Lots of kids are like this some of the time. But for people with ADHD, these things get in the way of other stuff in their life, such as doing their school work.

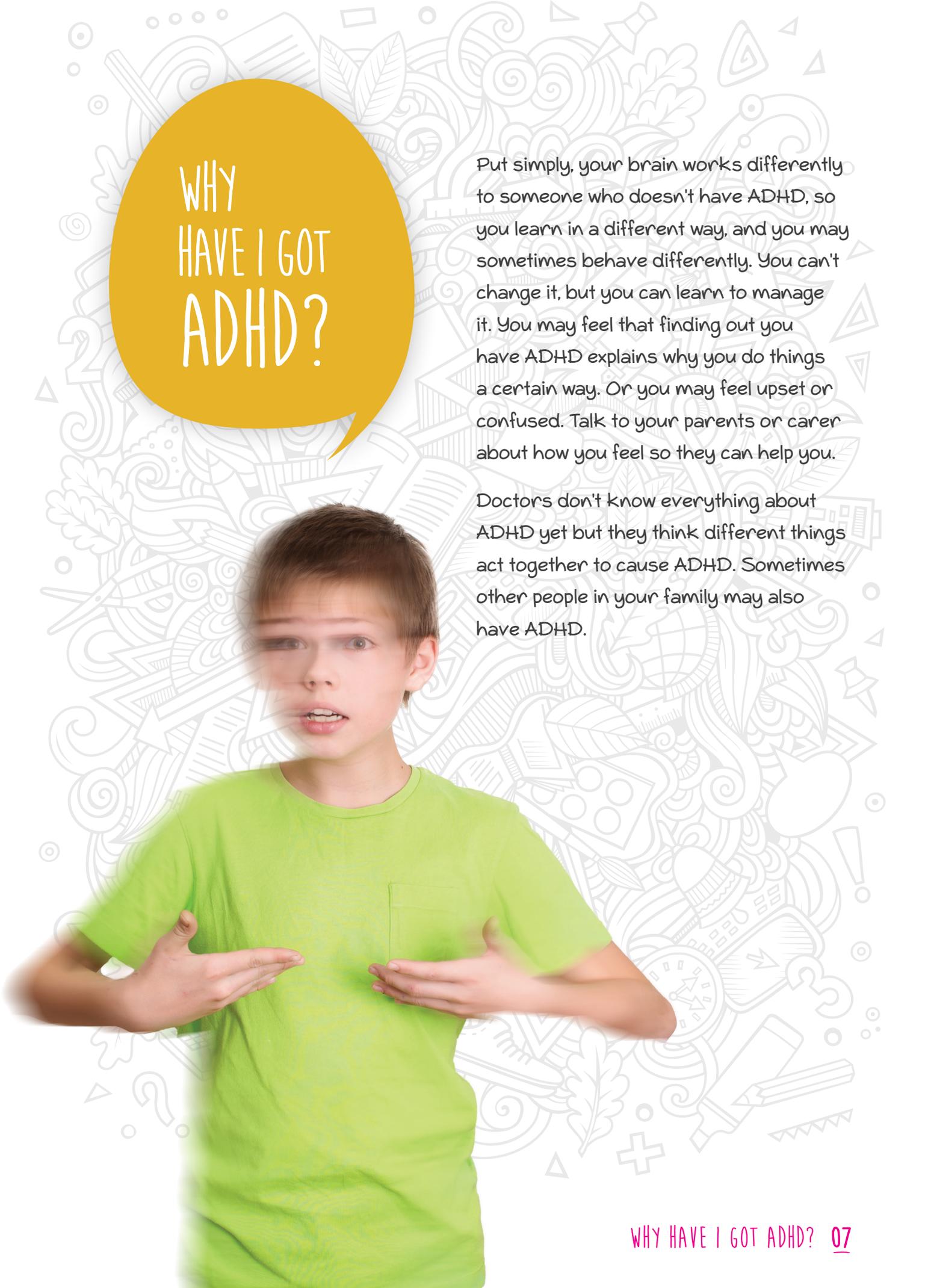
Not everyone with ADHD has these problems all the time. Everyone is different.



WHO HAS ADHD?

- People of all ages can have ADHD.
- People all around the world can get ADHD.
- One child in a class* of thirty may have ADHD.
- Both boys and girls can both have ADHD.
- Girls may have different problems to boys with ADHD.





WHY HAVE I GOT ADHD?

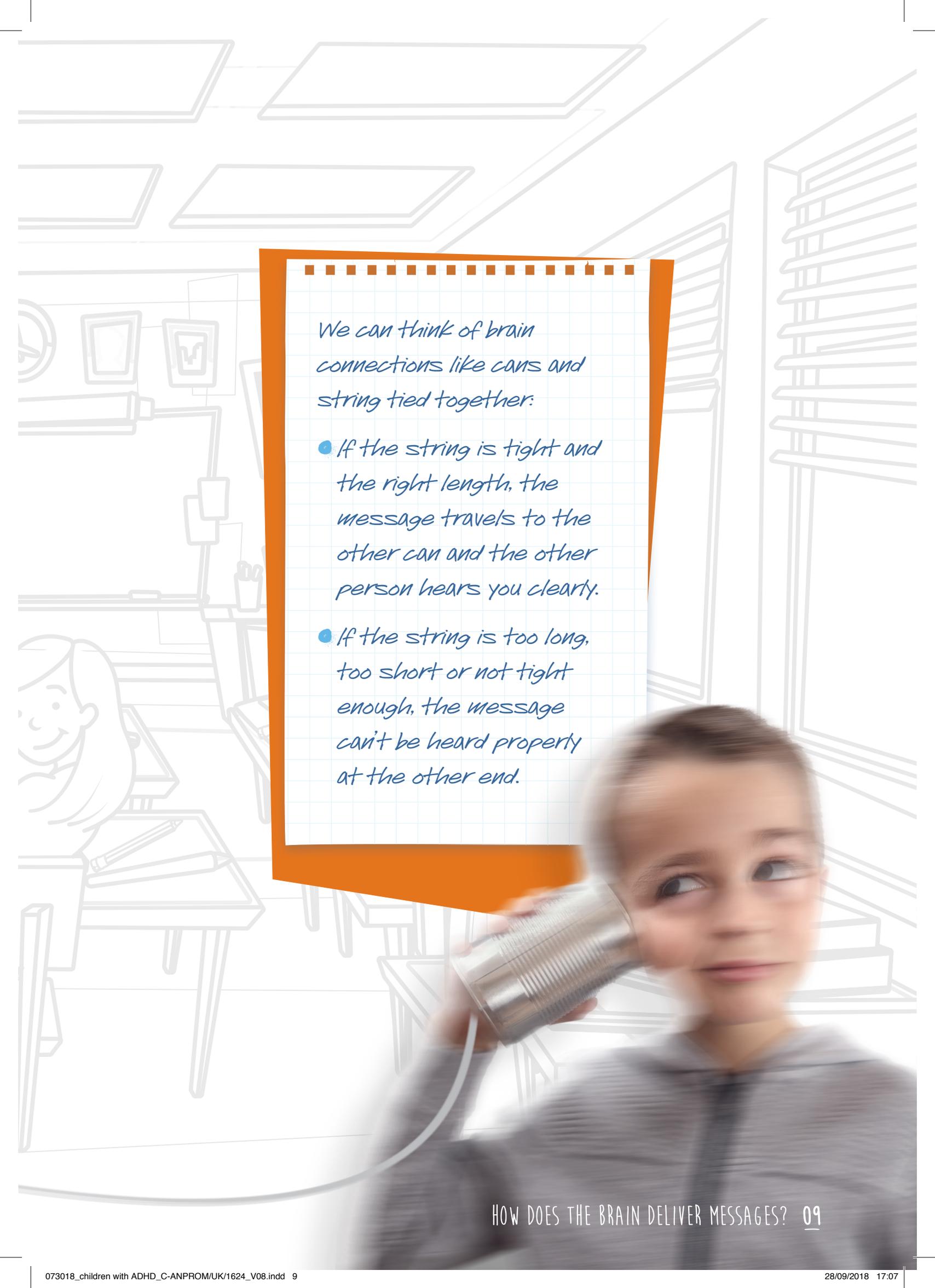
Put simply, your brain works differently to someone who doesn't have ADHD, so you learn in a different way, and you may sometimes behave differently. You can't change it, but you can learn to manage it. You may feel that finding out you have ADHD explains why you do things a certain way. Or you may feel upset or confused. Talk to your parents or carer about how you feel so they can help you.

Doctors don't know everything about ADHD yet but they think different things act together to cause ADHD. Sometimes other people in your family may also have ADHD.

HOW DOES THE BRAIN DELIVER messages?

Different parts of our brains talk to each other all the time. In ADHD, the messages in some parts of the brain cannot be sent properly. This can make you fidget when you should be sitting still, or shout out when you should be listening.





We can think of brain connections like cans and string tied together:

- *If the string is tight and the right length, the message travels to the other can and the other person hears you clearly.*
- *If the string is too long, too short or not tight enough, the message can't be heard properly at the other end.*

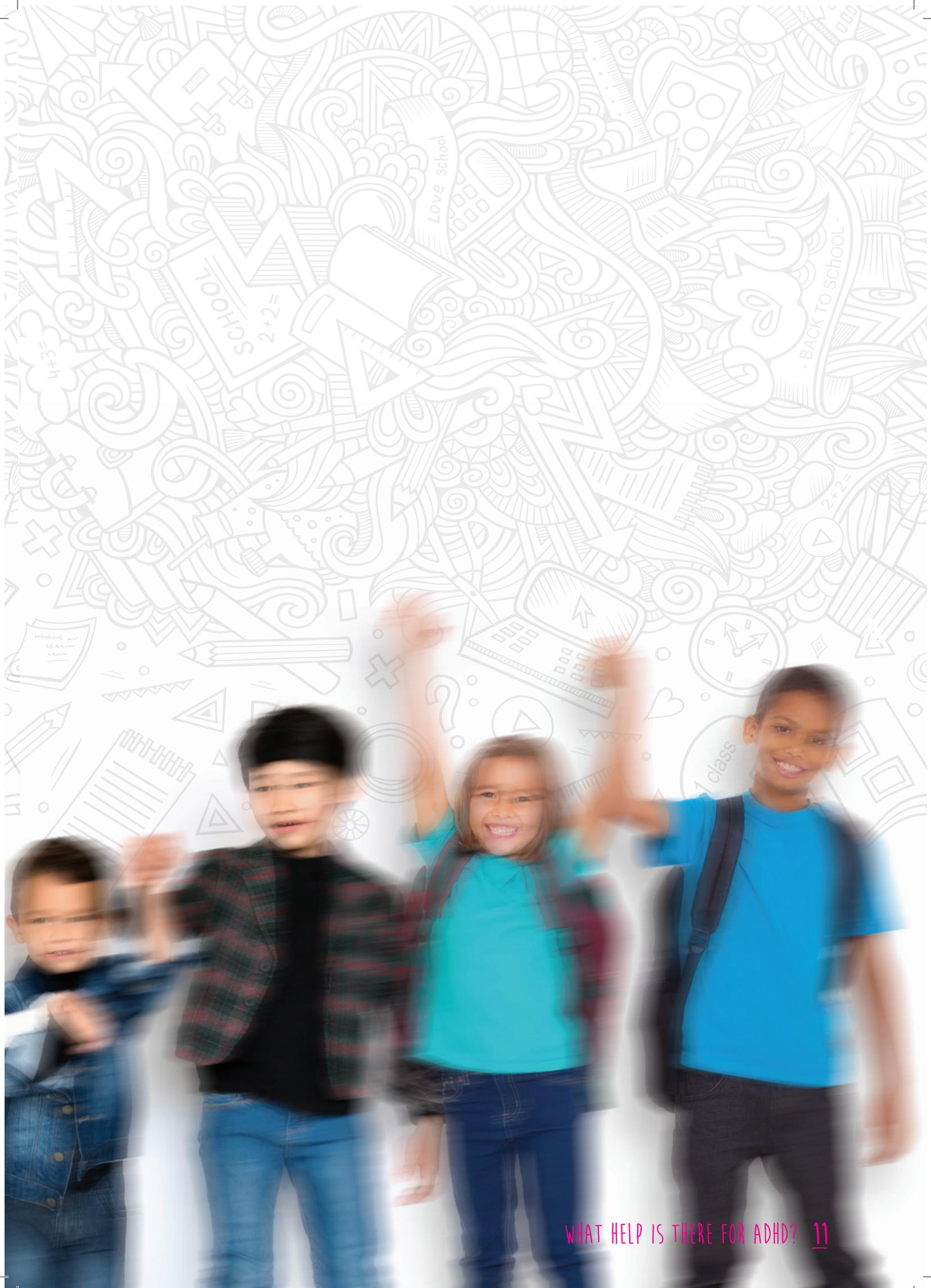
WHAT HELP IS THERE FOR ADHD?

Everyone with ADHD is different so they all need their own plan to help them. Your doctor or nurse will talk to you and your parents about the best way to help you. They may also talk to your teacher so they can help you at school.

Your doctor may suggest taking medicine to help you focus at school. You should take it every day, usually in the morning. There are different medicines for different people.*

Your doctor may also suggest talking to someone about your problems to help you find ways to cope. Your parents might also get some help so they can help you.

**Always read the label/SmPC for dosing information*



HOW CAN MY FAMILY HELP ME AT HOME?

WHAT CAN I DO TO HELP MYSELF?

There's lots you can do to help yourself. Get your family involved too.

Here are a few tips that may help you at home:

- Write things down so you don't forget.
- When doing homework, try to find a quiet place away from the tv or video games.
- Try to get regular exercise and eat a healthy diet - try not to have too much sugary food.
- Have a daily routine for getting up, going to school, doing homework, hobbies and free time. Maybe have a chart on the fridge where everyone can see it:

Before school routine	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time to get up!	7.30	7.30	7.30	7.30	7.30	8.30	9.00
Get up and get dressed	7.45	7.45	7.45	7.45	7.45	8.45	9.15
Shower	8.00	8.00	8.00	8.00	8.00	9.00	9.30
Have breakfast	Healthy!	Healthy!	Healthy!	Healthy!	Healthy!	Fry up	Toast?
Brush teeth	8.20	8.20	8.20	8.20	8.20	9.20	9.45
Check school bag - homework/sports kit?	8.25	8.25	8.25	8.25	8.25	9.25	
Go to school	8.30	8.30	8.30	8.30	8.30	9	
Remember to bring homework home!	Remember our deal!	R.S homework due	Maths Homework due				

After school routine	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Do some homework	4.00	4.00	4.00	4.00	4.00	4.00	
Chill time	4.30	4.30	4.30	4.30	4.30	4.30	
Tea	Spag BoL	Fajitas	Sausage + Mash	Chicken + Rice	Chilli	Pizza	
Bit more homework?	5.45	5.45	5.45	5.45	5.45	5.45	
Prepare school bag for next day - sports kit, homework to hand in	Remember Football Boots		New water bottle needed			Towel for swimming	
Brain break					See Alice after school		
	8.00	8.00	8.00	8.00	8.00	8.00	
						9.30	10.00

WHAT'S THE BIG DEAL?

It's a good idea to set yourself some goals. The goals could be big or little. The first goal should be quite easy and not take too long. Talk to your parents about your ideas and agree some rewards! Then make a deal with your parents. Write it down and both sign it, like this:

The Deal

Complete homework by 6pm
every day this week

We will go to the cinema this
Saturday!

Mum

Oscar





Here are some ideas:

- *Get up and ready for school on time*
- *Try hard at school*
- *Finish homework in one go*
- *Help mum or dad with a job at home*
- *Play nicely with your brother or sister*
- *Brush teeth without being asked*
- *Go to bed without a fuss*

It may take time to find out what works best for you and your family. Don't worry if you have a bad day - just try again the next day.

WHAT ABOUT AT SCHOOL?

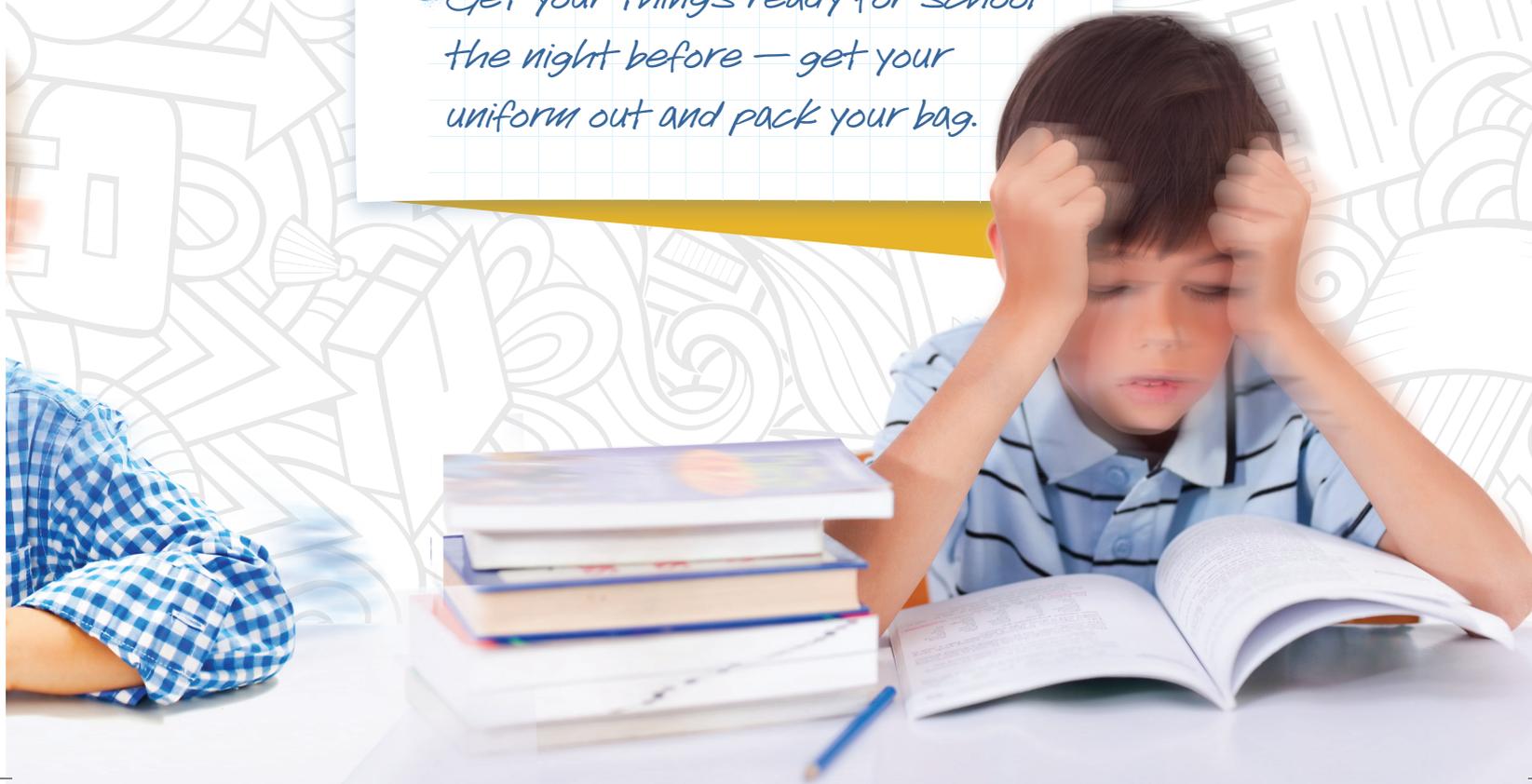
Your parents should talk to
your teacher about how they
can help you at school.





HERE ARE
SOME IDEAS:

- You could try sitting near the teacher so you can listen more easily.
- It may help to hold a small toy in your hand to fiddle with.
- Try using headphones when you are trying to work on your own.
- Find out what the plan is for that day so you can be ready.
- If you don't understand, ask the teacher for help.
- If you feel upset about something, talk to your teacher.
- Get your things ready for school the night before — get your uniform out and pack your bag.

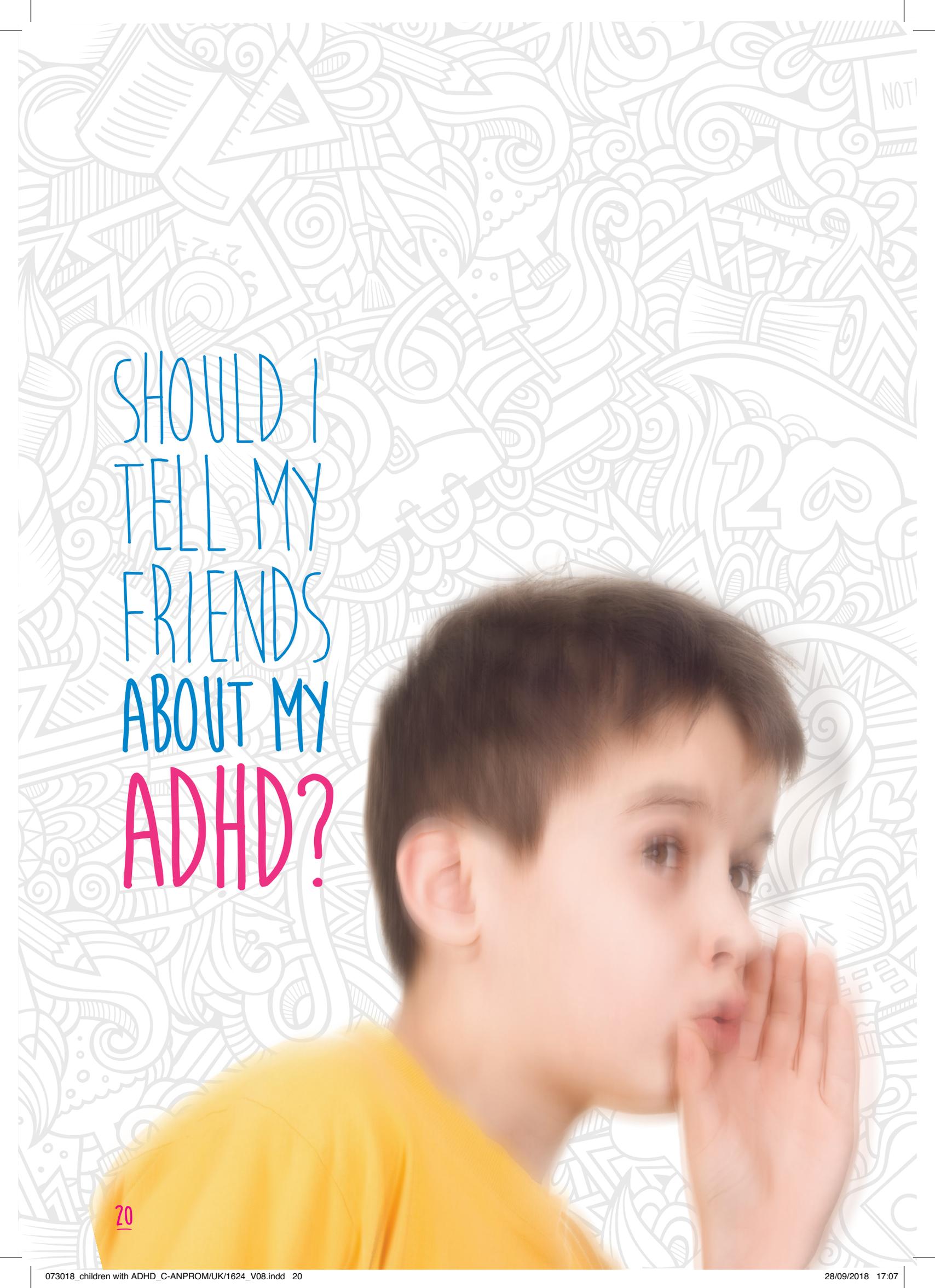


WHAT ABOUT BEDTIME?

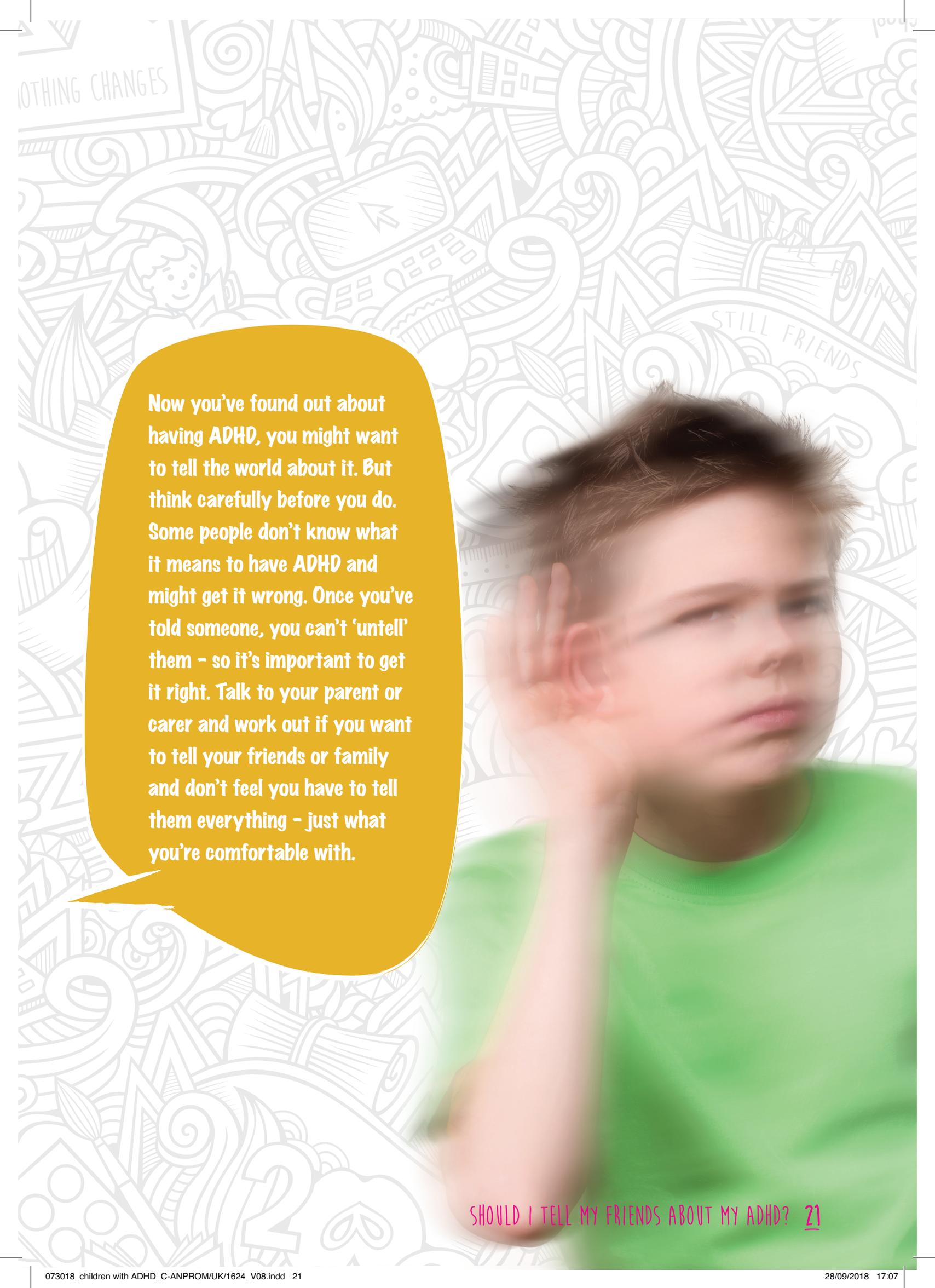
Getting a good night's sleep is really important for everyone. For people with ADHD, being tired may make your problems worse. Sometimes people with ADHD feel like they can't switch off at night. Try these tips to help you get to sleep:

- Do some sport or exercise every day
- Go to bed at the same time every night and get up at the same time
- Don't play video games or look at gadgets before bedtime. Try a relaxing bath or reading a book.



A young boy with dark hair, wearing a yellow shirt, is shown in profile from the chest up. He has his hand pressed against his lips in a classic 'whispering' gesture, looking towards the right. The background is a dense, intricate pattern of white line-art doodles on a light grey background. The doodles include various symbols like numbers (2, 3, 7, 8), letters (A, Z), geometric shapes, and abstract swirls. The text 'SHOULD I TELL MY FRIENDS ABOUT MY ADHD?' is overlaid on the left side of the image. The word 'ADHD?' is in a larger, pink font, while the rest is in blue. The page number '20' is in the bottom left corner, and the footer contains technical information and a date.

SHOULD I
TELL MY
FRIENDS
ABOUT MY
ADHD?



Now you've found out about having ADHD, you might want to tell the world about it. But think carefully before you do. Some people don't know what it means to have ADHD and might get it wrong. Once you've told someone, you can't 'untell' them - so it's important to get it right. Talk to your parent or carer and work out if you want to tell your friends or family and don't feel you have to tell them everything - just what you're comfortable with.

WHERE CAN WE FIND FURTHER INFORMATION?

**There's lots of help
for people with ADHD
and their families.
Ask your doctor or
nurse for information
or ask your parents to
help you look on the
internet at some of
these websites:**

Help with ADHD

Search

www.addiss.co.uk

www.adhdfoundation.org.uk

www.adhdsolutions.org

www.adhdandyou.co.uk*

www.addni.net

www.scottishadhdcoalition.org

*Developed and funded by Shire



IS THERE ANYTHING
ELSE YOU WOULD
LIKE TO KNOW OR
SOMETHING YOU'RE
NOT SURE ABOUT?

**If you have any questions
or concerns, talk to your
parents and teachers
about how you are
feeling so they can help
and support you.**

Please be aware that Shire does not control all of the websites noted in this leaflet. We are not responsible for, nor do we necessarily endorse, the contents of these other websites.

WHERE CAN WE FIND FURTHER INFORMATION? **23**



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DATE OF PREPARATION:
SEPTEMBER 2018 C-ANPROM/UK/1624
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