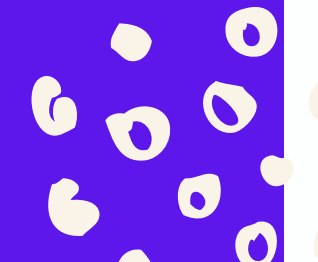


We also work with our teachers to help children with ADHD improve in the classroom.

Simple things you can do include helping your child:

- Get regular exercise, especially when they seem hyperactive or restless
- Eat regular, healthy meals
- Get plenty of sleep
- Stick to a routine
- Use homework and notebook organizers to write down assignments and reminders
- Take medications as directed

Also, be clear and consistent, providing rules they can understand and follow. Children with ADHD often receive and expect criticism. Look for good behavior, praise it and provide rewards when rules are followed.



We're Here for You




St. Joseph's Indian School

We serve and teach, we receive and learn.

PO Box 89



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Could My Child Have ADHD?

**Attention-Deficit
Hyperactivity Disorder**



If your child struggles to pay attention, moves about when they should be still and seems to act without thinking first, they may have attention-deficit hyperactivity disorder (ADHD). Because it can impact their relationships and school, it is wise to learn about ADHD, know how to spot it and get help.

Children with ADHD may:

- Have trouble paying attention
- Have too much energy
- Move and talk too much
- Act without thinking
- Have difficulty with self-control

For a complete list of what these behaviors might look like, check the symptoms listed at <https://www.nimh.nih.gov>.

If you think your child may have ADHD, talk with your healthcare provider. They may know how to diagnose and treat ADHD, or they may chose to refer you to a psychiatrist or clinical psychologist for an evaluation.

It is best to have a thorough, professional evaluation because other conditions can have similar symptoms.

ADHD doesn't look the same in all children. As your child grows into the preteen and teenage years, symptoms can increase and cause more problems in relationships and schoolwork. They can continue into adulthood or lessen over time.

It isn't exactly known what causes ADHD. Studies suggest that genetics is likely one factor, but things like environment, brain injury and nutrition might also play a role.


Treatments

ADHD is commonly treated with medication, education or training, therapy or a combination of these.

For general information about stimulants and other medications used to treat mental health disorders, see NIMH's Mental Health Medications webpage. The FDA website has the latest medication approvals, warnings and patient information guides.

Several psychological interventions have been shown to help children and their families manage symptoms and improve everyday functioning. All types of therapy for children and teens with ADHD require parents to play an active role. For general information about psychotherapies used for treating ADHD, check those listed at <https://www.nimh.nih.gov>.

We're Here for You



Our Counseling Team can help you learn more about ADHD, how it affects your family, and suggest skills and attitudes for assisting your child.

