

## Is it ADHD or normal behaviour?

Sometimes parents and teachers notice signs of ADHD when a child is very young. This does not always mean a child has ADHD.

It is normal for young children to find it difficult to pay attention, to wait or to settle down. Children develop these skills little by little as they grow. They learn these skills with help from their parents and teachers.

If a child continues to be distracted, restless, impatient or impulsive, they may have ADHD. This may cause problems at school, home and with friends.

## What should I do if I think my child has ADHD?

Please talk to your nursery/school, health care professional or other family support worker about your concerns.

There is help available for parents/carers to manage their child's behavioural difficulties.

## Contact information

Community Paediatric Service  
Lister Road  
Astmoor West Estate  
Runcorn. WA7 1TW

Telephone: 01928 593911, 01928 593476 or  
0151 495 5405  
Email: [bchft.haltonpaedsadmin@nhs.net](mailto:bchft.haltonpaedsadmin@nhs.net)

We are open Monday to Friday 9am until 5pm.  
An answerphone is available outside these times.

## Useful information

Children & Adults with Attention Deficit Disorder (CHADD) [www.chadd.org](http://www.chadd.org)

ADDers [www.adders.org](http://www.adders.org)

ADDIS [www.addiss.co.uk](http://www.addiss.co.uk)

ADHD Matters [www.adhdmatters.co.uk](http://www.adhdmatters.co.uk)

Living with ADHD [www.livingwithADHD.co.uk](http://www.livingwithADHD.co.uk)

For impartial and confidential advice or information on the services provided by Bridgewater or to receive this leaflet in an alternative format call our Patient Services team on 0800 587 0562.

 [www.twitter.com/Bridgewater\\_NHS](https://twitter.com/Bridgewater_NHS)

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## Halton Community Paediatric Service

### What is ADHD?



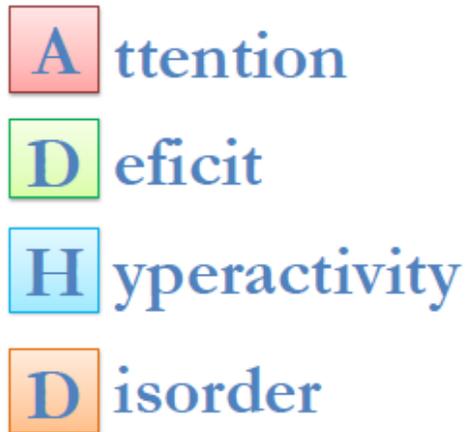
## What is ADHD?

ADHD stands for attention deficit hyperactivity disorder.

It is a medical condition.

A person with ADHD has differences in their brain that can affect their:

- Attention
- Ability to sit still
- Self-control.



ADHD can affect a child:

- At school
- At home
- In friendships.

## What are the signs of ADHD?

All children struggle at times to pay attention, listen and follow directions, sit still, or wait their turn.

But for children with ADHD the struggles are harder and happen more often.

Children with ADHD may have signs from one, two, or all three of the following:

- Easily distracted
- Hyperactive
- Impulsive.

### Easily distracted

Children who are easily distracted may:

- Have trouble concentrating
- Not listen well to instructions
- Miss important details
- Not finish what they start
- Daydream or dawdle too much
- Seem absent-minded or forgetful
- Lose track of their things.

## Hyperactive

Children who are hyperactive may:

- Have trouble sitting still and staying quiet when needed
- Rush through things and make mistakes
- Climb, jump, or play roughly when they shouldn't
- Act in ways that disrupt others without meaning to.

They are:

- Fidgety
- Restless
- Easily bored.

### Impulsive

Children who are impulsive act too quickly before thinking. They may:

- Interrupt and find it hard to wait
- Push or grab
- Do things without asking for permission and take things that are not theirs
- Act in ways that are risky
- Have emotional reactions that seem too much for the situation.