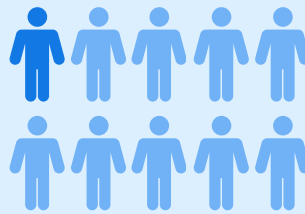


ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)

INFORMATION SHEET

WHAT IS ADHD/DEFINITION

- ADHD stands for **attention deficit hyperactivity disorder**.
- It means that your child's brain works a little differently than other children and they need a little more support to **focus, control their behaviour, and stay organized**.
- ADHD **does not mean** that your child is less intelligent.



Approximately 10% of children in Canada have ADHD (or 1 in every 10 children).

ADHD is three to four times more common in boys than girls.

3-4x

SIGNS/SYMPTOMS



- It is important to note that most children may struggle with paying attention, listening, and following directions.
- However, when a child is living with ADHD, the usual struggles with attention, listening, and following directions may be harder and happen more often.
- Not all children with ADHD will exhibit these three symptoms, but, they will usually exhibit one or more.

There are **3** categories that ADHD symptoms fall under:

1

Inattention:
difficulties paying attention, forgetfulness, trouble staying on task

2

Hyperactivity:
restlessness, fidgeting, difficulty sitting still

3

Impulsivity:
Acting without thinking, interrupting others, making quick decisions

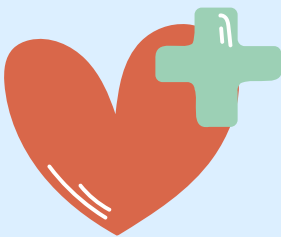
WHAT TO DO/WHO TO TALK TO

If you think that your child may have ADHD, there are some steps that you can take:



Contact your child's school: Talking with your child's teacher or adults who supervise your child to ask them if they have any concerns about your child's behaviour. This is also a good first step in figuring out how they can better support your child at school.

Talk to your family doctor: If possible, make an appointment with your child's primary doctor. They will be able to perform checkups, assessments, discuss treatment options and make referrals to specialists (like a psychologist), if needed.



Connect with Local Clinics: Clinics and community health centres will sometimes provide walk-in appointments that do not require an appointment. Staff at these clinics can also provide assessments and referrals when an appointment with your family physician may not be easily available.

Joining Local Support Groups: Connecting with other parents who may face similar challenges in the area can be great for sharing experiences and recommendations.



Talk with your child: It is helpful to talk openly and supportively with your child about ADHD to work at seeing how you can support them in and out of school.

Learning that your child may have or has ADHD can be overwhelming. It's important to remember, there is information and resources available to support you and your child. Increasing your knowledge about ADHD and what it looks like for your child is an important first step. You are your child's best and most important resource!

WHERE TO GO FOR ADDITIONAL INFORMATION

- **CADDAC (Centre for ADHD Awareness Canada)** | <https://caddac.ca>
 - A well respected organization that provides ADHD newsletters, email support, and a bilingual ADHD resource navigator to help families and individuals.
- **C.H.A.D.D. Canada** | <https://chadd.org/for-parents/overview/>
 - A non-profit organization that provides resources like videos and information about ADHD support groups.
- **CADDRA (Canadian ADHD Resource Alliance)** | <http://www.caddra.ca/>
 - A trusted source for ADHD information and support.
- **AboutKidsHealth Website** | <https://www.aboutkidshealth.ca/>
 - From the Hospital for Sick Children, this website offers multiple articles on ADHD, simply search for ADHD under the "Health A-Z" section.
- **CAMH Community Resource Sheet**
 - <https://www.camh.ca/-/media/files/education-2021/community-resource-sheets/childhood-adhd-resources-pdf.pdf>
 - A PDF that offers suggestions of places in and around the GTA that offers many options for ADHD assessment and treatment.
- **George Hull Centre for Children and Families** | www.georgehullcentre.ca
 - A centre in the Etobicoke community that supports children, youth and their families around mental wellbeing. Translation services are available at the centre as well.
- **Lumenus Mental Health, Developmental & Community Services** | www.lumenus.ca
 - A centre in the Toronto area that provides supportive care to children and families focused on mental wellbeing, child development, autism and early years intervention services. Translation services are available at the centre as well.
- **ADHD Webinars and Podcasts for Parents and Adults**
 - <https://www.additudemag.com/adhd-expert-webinars-index/>
 - A website that offers caregivers of children with ADHD helpful information on supporting children with ADHD
- **LAMP Community Health Centre** | <http://www.lampchc.org>
 - A multi-service centre that provides a wide range of health and community services and can refer to other local health services
 - <https://lampchc.org/programs-services/community-health-programs/ask-community-information/newcomer-services/>
 - ASK! Community Information offers a range of supports to newcomers through a Settlement Counselor
- **Etobicoke Walk-in Clinic** | <http://etobicokewalkin.ca>