

Title: Helping your child with attention deficit/hyperactivity disorder- without medication

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Abstract: Attention deficit hyperactivity disorder, also known as ADHD, is a common problem diagnosed in children. A concerning issue that may come as a result of ADHD is poor performance in school. Medication is one way to treat children with ADHD. For parents who do not want to put their child on medication, studies have shown that behavior modification is a useful, non-medication, way to help improve the scholastic performance of children with ADHD.

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Helping your child with Attention Deficit/Hyperactivity Disorder-Without Medication

What is Attention deficit/hyperactivity disorder?

Attention deficit/hyperactivity disorder, ADHD, is something that affects many children and can continue into adulthood. Children with ADHD often have a lot of energy. They may have trouble sitting still, paying attention, are easily distracted, talk non-stop, and are constantly on the go.

Parents should know that it is normal for children to have a lot of energy and not always pay attention for long periods of time. But children with ADHD have much more energy than other children and they often have problems with work, play, and school.

Caring for a child with ADHD can be hard for parents, teachers, and caregivers as they may feel the child is always "out of control".



What Causes ADHD?

We do not know for sure what causes ADHD. No single factor has been identified. Instead it is thought to be a combination of genes and environmental factors that cause the symptoms of ADHD.

How do you treat ADHD?

There are medications that your doctor can give to help ADHD. But there are other non-medication ways to help as well. Things you

can do to help change your child's behavior and also help them do better in school.



- daily exercise and group sports
- encourage interests and hobbies
- keep a daily schedule
- be consistent with rules
- give praise or rewards when rules are followed
- communicate with your child's teachers on a regular basis and encourage their progress
- do not compare them with other children

This might seem like more work than just giving your child medicine, but studies have shown that this kind of care is more helpful in the long run than medicine alone.

Because it can affect their success in school, and interactions with friends and peers, it is important to get help for your child with ADHD.

More information about ADHD can be found at the following website.

National Institute of Mental Health
<http://www.nimh.nih.gov/health/publications/attention-deficit-hyperactivity-disorder/complete-index.shtml>

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