

Recognising ADHD in Everyday Life

One of the major issues with a child with ADHD is that there is no respite from his condition. There is rarely a time during each day when one of his many symptoms isn't active. This is one of the distinguishing factors between children with ADHD and those without.

Many may say, "*All children behave like that sometimes...*". Exactly – SOMETIMES.

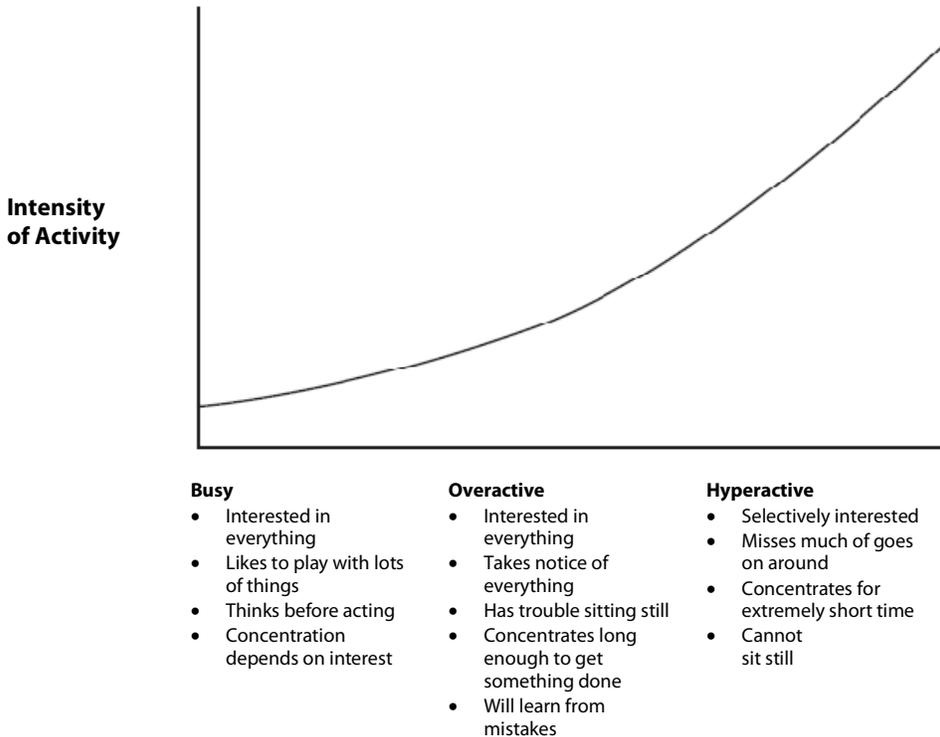
Not all day, every day.

Hyperactivity

Hyperactivity the inability to remain completely still. It does not mean that the child cannot sit on a chair (especially in a doctor's surgery). It does not mean that the child will always be swinging from the rafters. It does mean that some part of the child is always moving – the feet, hands, head etc. and most certainly, the mind.

Hyperactivity is very different from an overactive child. The following chart helps with a comparison.

Children's Activity Levels



SECTION 1 |
INTRODUCTION TO ADHD

Everyday examples:

- Banging the head on the back of the chair while watching T.V., in the car, or in bed
- Whilst sitting on a chair, kicking his legs - unfortunately often connecting with the table, chair or person near him
- During the ads, automatically jumping over the furniture or somersaulting in the middle of the room
- Strumming his fingers or playing with anything that is nearby
- Running everywhere
- Moving so quickly that he bumps into things
- Having nothing that will entertain him for long
- Most often any activity that involves sitting does not suit him

As the child grows older there is often a more appropriate outworking of hyperactivity. At 14 years of age, the child may no longer do somersaults in the middle of the room but will fidget, move around in his seat or get up and walk around during the ads.

But at any age, being asked or expected to sit still for any period of time will affect the child's frustration level and may then escalate into anger or aggression.

One parent tells the story of when her child started school. Already having a relationship with the teacher, the mother informed her that everything with this child may not go as smoothly as with her other children. Everyday the mother picked up the child to the smiling faces of her child and the teacher. The mother's expectations of school and her son were growing more positive with each day – school isn't going to be too bad. After six months the teacher excitedly rushed out to meet the mother with, *"Success today! I finally got him to sit through a whole story!"* Crash!!!!

Impulsivity

Impulsivity is when the individual acts without regard for the consequences. That is, they do not stop and think before doing or saying something.

Everyday examples:

- Calling out answers inappropriately in class, or statements at other unsuitable times
- Running straight across the road to see something on the other side
- Climbing to great heights because it seemed like a good idea
- Snatching things from other's hands – well, he wants to see it

Have you ever stood at a great height and looked over the edge? Be honest, couldn't you just imagine yourself dropping something over the edge? Or ever so wanted to put your hand or another object into a fire that you're staring at? The difference