

# What Is ADHD?

ADHD (attention-deficit hyperactivity disorder) is a condition that makes it **unusually difficult to concentrate on tasks, pay attention, sit still, and control impulsive behavior.**



**There are three types of ADHD: inattentive type, hyperactive-impulsive type, and combined type.**

## **Inattentive symptoms**

- Makes careless mistakes
- Is easily distracted
- Doesn't seem to be listening when spoken to directly
- Has difficulty following instructions
- Has trouble with organization
- Avoids or dislikes sustained effort
- Is easily frustrated
- Is forgetful, always losing things

## **Hyperactive-impulsive symptoms**

- Fidgeting or squirming
- Excessive running and climbing
- Trouble playing quietly
- Extreme impatience
- Always seems to be “on the go” or “driven by a motor”
- Excessive talking or interrupting
- Trouble controlling emotions
- Trouble taking turns

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**What's not ADHD?** The symptoms associated with ADHD can also have other causes — anxiety, trauma, or a learning disability, as well as a lack of sleep. So, children should be carefully evaluated to avoid misdiagnosis. Kids who are among the youngest in their class are sometimes misdiagnosed with ADHD because they're less mature.



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