



Attention Deficit/ Hyperactivity Disorder

In-Service Presentation by:

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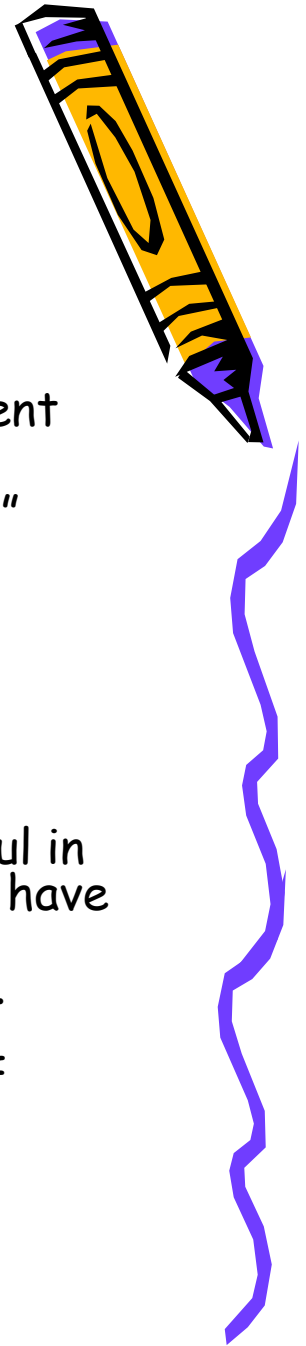
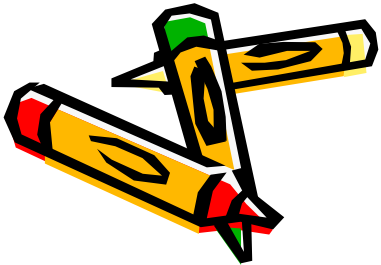
Kindergarten Teacher

Howell Public Schools



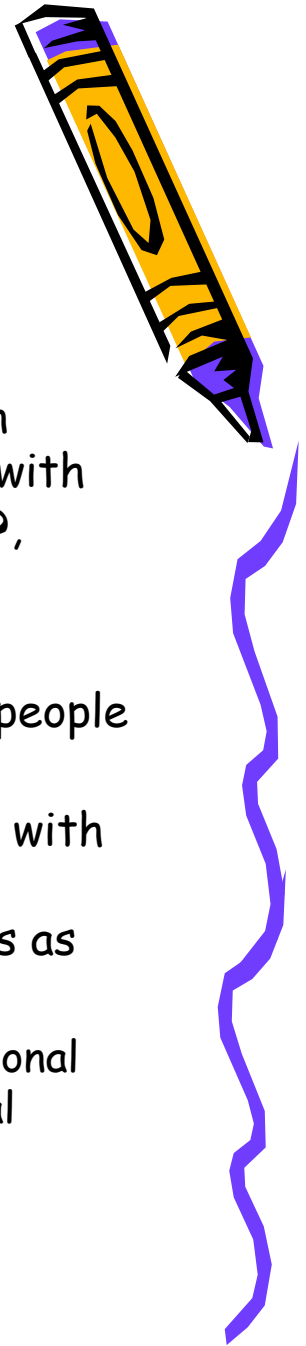
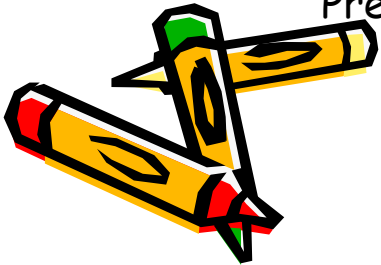
Why do I need to know about AD/HD?

- Every teacher during their career will have at least one student with Attention Deficit/Hyperactivity Disorder.
- "Nearly 1 in 10 children in the U.S. are diagnosed with ADHD." (Mozes, 2011)
 - Therefore you need to know...
 - The common symptoms of this disorder.
 - The facts and myths surrounding AD/HD.
 - What you can do to differentiate learning for these students.
 - Resources you can use to find out more information.
- "Although individuals living with AD/HD can be very successful in life, without identification and proper treatment, ADHD may have serious consequences, including school failure, depression, problems with relationships, substance abuse, and job failure. Early identification and treatment are extremely important." (About the National Resource Center on ADHD: A Program of CHADD, 2012)



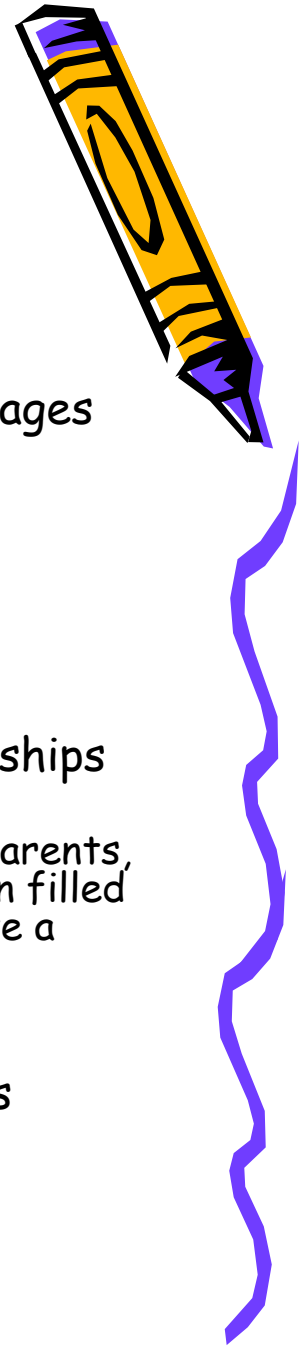
What are the facts about AD/HD?

- "Attention-Deficit/Hyperactivity Disorder (ADHD) is a condition affecting children and adults that is characterized by problems with attention, impulsivity, and overactivity." (What is ADHD or ADD?, 2012)
- AD/HD is one of the most common neurobehavioral disorders.
- AD/HD is diagnosed in childhood but is a condition that affects people throughout adulthood.
- "Attention-Deficit/Hyperactivity Disorder (ADHD) often occurs with other disorders (called comorbidities of ADHD). About half of children with ADHD referred to clinics have behavioral disorders as well as ADHD." (Other Concerns & Conditions, 2011)
 - The most common disorder which occurs with AD/HD is Oppositional Defiance Disorder (ODD), appearing 41% of the time. (Statistical Prevalence, 2012)



What are the symptoms of AD/HD?

- Symptoms of AD/HD generally appear early in life, between the ages 3-6.
- AD/HD is difficult to diagnose because there is no test.
- Symptoms may include hyperactivity, impulsiveness, and/or inattentiveness.
- People with AD/HD often struggle with time management and organization.
- Students with AD/HD struggle with maintaining positive relationships with peers and adults in their life.
 - "Their social interactions with others in their social environment -- parents, siblings, teachers, friends, co-workers, spouses/partners -- are often filled with misunderstanding and mis-communication. Those with ADHD have a decreased ability to self-regulate their actions and reactions toward others. This can cause relationships to be overly tense and fragile." (Relationships & Social Skills, 2012)
- Children with ADHD are more prone to serious injury for reasons unknown.



What are some of the myths about AD/HD?

- AD/HD is a childhood condition.
 - This is untrue. AD/HD persists into adolescence and adulthood.
 - It affects 2-4 percent of adults. (What is ADHD or ADD?, 2012)
- There are many myths about the cause of ADHD.
 - See next slide for details.
- AD/HD only occurs in boys.
 - "ADHD has been traditionally associated with boys, but the scientific and medical communities now recognize that females can also have ADHD. Recent research shows that the actual number of males with ADHD and females with ADHD may be the same. The disorder manifests differently in males and females, which may explain why girls with the disorder are often overlooked." (Women & Girls, 2012)



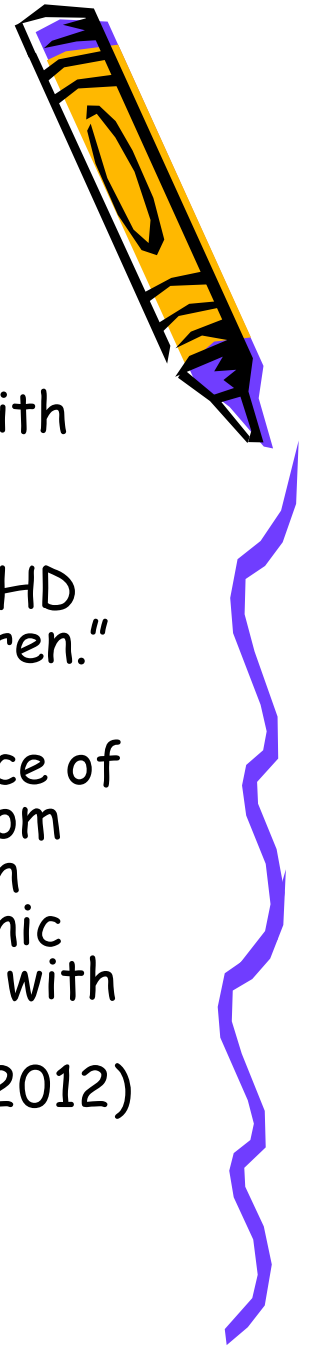
What causes AD/HD?

- Researchers do not know the cause of this condition.
- Possible causes may include: environmental exposure to toxins, alcohol and tobacco use during pregnancy, premature delivery, low birth weight, or brain injury. (Causes of ADHD in Children, 2012)
- The following are not causes but they are thought to possible worsen symptoms of AD/HD:
 - Eating too much sugar
 - Watching a lot of television
 - Parenting styles
 - Social and environmental issues like poverty or family chaos



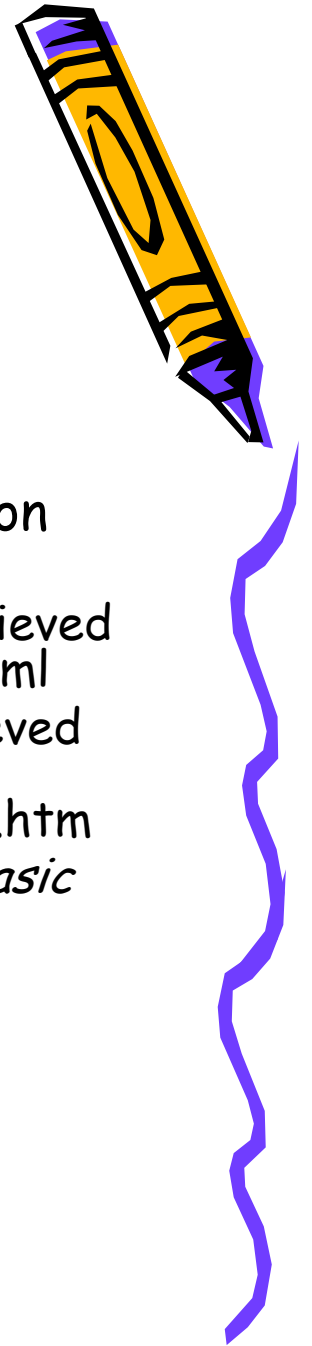
Key Data on AD/HD

- 5.2 million children ages 3-17 have been diagnosed with ADHD. (Attention Deficit Hyperactivity Disorder (ADHD), 2012)
- "According to the National Institutes of Health, ADHD is the most common behavioral disorder among children." (Mozes, 2011)
- "From 1998-2000 through 2007-2009, the prevalence of ADHD increased among children aged 5-17 years, from 6.9% to 9.0%. These increases were seen among both boys and girls, among children in most racial and ethnic groups except Mexican children, and among children with family income less than 200% of the poverty level." (Attention Deficit Hyperactivity Disorder (ADHD), 2012)



Should children with AD/HD be medicated?

- There are many differing opinions on this controversial topic.
- Included are some resources to form your own opinion on this issue:
 - Sinha, Gunjan. (2005). Should I Medicate my Child?. Retrieved from <http://www.iser.com/resources/medication-adhd.html>
 - Baker, Fiona. (2010). Should I Medicate My Child?. Retrieved from <http://www.kidspot.co.nz/familyhealth/Learning-&-Behaviour-Should-I-medicate-my-child+2612+162+article.htm>
 - Diller, Lawrence. (2002). *Should I Medicate My Child?. Basic Books.*
 - A perspective on "treatment":
<http://www.youtube.com/watch?v=lpy-Ct64ICQ&feature=relmfu>



How can I help my students diagnosed with AD/HD be successful in my classroom?

- To help the child with organization and time management:
 - Provide the student with a planner and show them how to use it.
 - Use to-do lists or visual schedules for daily tasks.
 - Use a timer with the child during work times.
 - Color code folders/notebooks for each subject area.
 - Break large tasks into smaller parts.
 - Use rewards and positive reinforcements. (Organization and Time Management, 2012)
- To help with positive peer relationships:
 - Teaching social skills.
- General teaching strategies to try: (Low, 2012)
 - Use visuals, concrete examples, and graphic organizers.
 - Use mnemonics or acronyms to help students remember material.
 - Use technology.



What are the big ideas to remember about ADHD?

- AD/HD affects about 1 in every 10 children and occurs in both boys and girls.
- It is one of the most common behavioral disorders and often occurs with other behavioral disorders.
- AD/HD is hereditary; parents with AD/HD often pass it on to their children.
- There is no known cause of AD/HD and the treatment varies for each person.
- The most common symptoms of AD/HD are hyperactivity, impulsiveness, and/or inattentiveness, **but not all children with AD/HD exhibit all of these symptoms!**
- Students with AD/HD struggle with initiating and maintaining positive peer and adult relationships.
- As a teacher or school professional, you can help your students with AD/HD by implementing strategies to help them remain focused and stay organized.

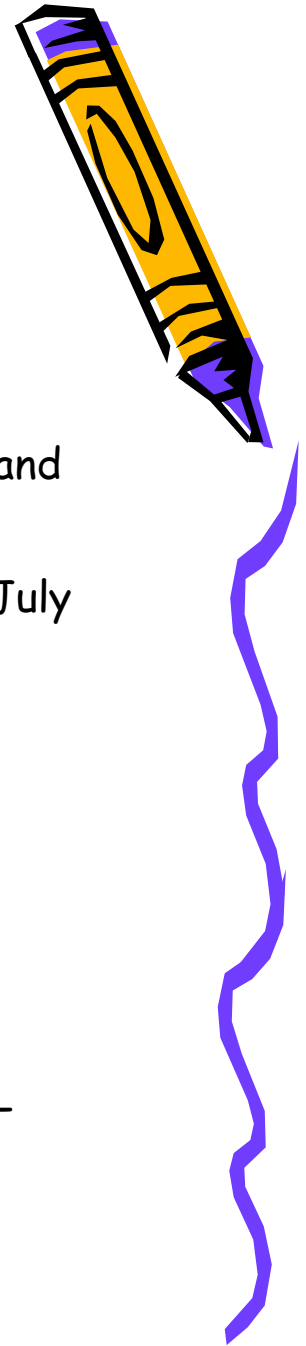


Check out these interesting You Tube Videos!

- A mom and her two sons's perspectives on being diagnosed and living with ADHD:
 - <http://www.youtube.com/watch?v=rHTE8A7nNXw&feature=fvwrrel>
 - <http://www.youtube.com/watch?feature=endscreen&v=z2hLa5kDRCA&NR=1>
 - <http://www.youtube.com/watch?NR=1&v=OAz9JoxGpFA&feature=endscreen>
 - <http://www.youtube.com/watch?v=fpNVNOA825g&feature=relmfu>
 - <http://www.youtube.com/watch?v=NTnVYGWWiWU&feature=r>
elmfu



Where can I find additional information on AD/HD?

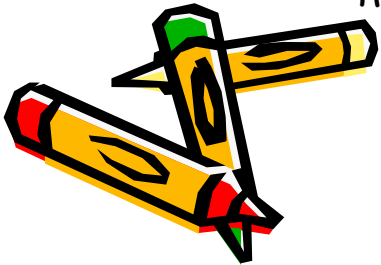


Web Sites:

1. Understanding ADHD. Retrieved July 20, 2012, from Children and Adults with Attention Deficit Hyperactivity Disorder website, www.chadd.org
2. Attention-Deficit / Hyperactivity Disorder. (2011). Retrieved July 20, 2012, from <http://www.cdc.gov/ncbddd/adhd/conditions.html#peer>
3. Attention Deficit Disorder Resources. Retrieved from <http://www.addresources.org/?q=ADHD+Websites>

National Groups:

1. National Resource Center on ADHD. Retrieved from www.help4adhd.org
2. Mayo Clinic. Retrieved from <http://www.mayoclinic.com/health/adhd/DS00275>
3. National Institute of Mental Health. Retrieved from <http://www.nimh.nih.gov/health/publications/attention-deficit-hyperactivity-disorder/complete-index.shtml>



Where can I find additional information on AD/HD?



Articles:

1. Schoenstadt, Arthur. (2012). ADHD. Retrieved from <http://adhd.emedtv.com/adhd/adhd.html>
2. Watkins, Carol E. (2012). Helping Your Child Succeed at School: Parent as Coach, Advocate and Partner. Retrieved from http://www.ncpamd.com/adhd_and_school.htm
3. Segal, Jeanne and Smith, Melinda. (2012). ADD / ADHD and School: Helping Children with ADHD Succeed at School. Retrieved from http://www.helpguide.org/mental/adhd_add_teaching_strategies.htm

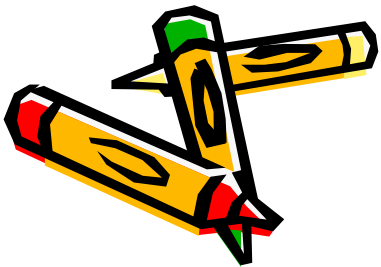
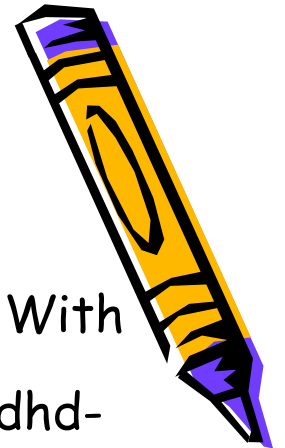
Books:

1. Zeigler Dendy, Chris A. (2006). *CHADD Educator's Manual*. CHADD.
2. Brown, Thomas. (2006). *Attention Deficit Disorder: The Unfocused Mind in Children and Adults*. New Haven, CT: Yale University Press.
3. Lougy, Richard A. and Rosenthal, David. (2002). *ADHD: A Survival Guide for Parents and Teachers*. Hope Press.



Presentation References

- Mozes, Alan. (2011). Nearly 1 in 10 U.S. Kids Diagnosed With ADHD. Retrieved July 20, 2012, from <http://news.yahoo.com/nearly-1-10-u-kids-diagnosed-adhd-160803440.html>
- About the National Resource Center on ADHD: A Program of CHADD. (2012). Retrieved July, 20, 2012, from <http://www.help4adhd.org/aboutus.cfm>
- What is ADHD or ADD?. (2012). Retrieved July 20, 2012, from <http://help4adhd.org/en/about/what>
- Statistical Prevalence. (2012). Retrieved July 20, 2012, from <http://www.help4adhd.org/en/about/statistics>
- Relationships & Social Skills. (2012). Retrieved July 20, 2012, from <http://help4adhd.org/en/living/relandsoc>
- What is ADHD or ADD?. (2012). Retrieved July 20, 2012, from <http://help4adhd.org/en/about/what>



More Presentation References

- Women & Girls. (2012). Retrieved July 20, 2012, from <http://help4adhd.org/en/living/womengirls>
- Organization and Time Management. (2012). Retrieved July 20, 2012, from <http://help4adhd.org/en/living/organdtime>
- Causes of ADHD in Children. (2012). Retrieved July 20, 2012, from <http://www.daytrana.com/about-adhd/causes-of-adhd.aspx>
- Attention Deficit Hyperactivity Disorder (ADHD). (2012). Retrieved July, 20, 2012, from <http://www.cdc.gov/nchs/fastats/adhd.htm>
- Other Concerns & Conditions. (2011). Retrieved July 20, 2012, from <http://www.cdc.gov/ncbddd/adhd/conditions.html#peer>
- Low, Keath. (2012). Teaching Strategies for Students With ADHD . Retrieved from <http://add.about.com/od/childrenandteens/a/ADHD-school.htm>

