

Support for PARENTS navigating ADHD

Dear Parents,

Welcome to our information sheet designed to provide valuable insights into Attention Deficit Hyperactivity Disorder (ADHD). Here, you'll find essential information about ADHD, its symptoms, strategies for managing it, and resources available to support your family.

What is ADHD?

ADHD is one of the most common neurodevelopmental disorders in children, impacting their ability to focus, control impulses, and regulate emotional and physical activity.

In Singapore, the number of people diagnosed with ADHD is increasing rapidly. Approximately one out of every 38 children aged 7-12 are affected by ADHD.

Understanding the Causes

While the exact causes of ADHD are still under study, factors like genetics, toxins, gut health, trauma and dopamine production may contribute.

Children with a parent or sibling with ADHD are 50% more likely to display symptoms themselves, showing a significant genetic link.

Recognising Symptoms

ADHD symptoms often appear in childhood and persist into adulthood, affecting various aspects of daily life such as learning, social interactions, and self-esteem. Common symptoms include inattention, hyperactivity, impulsivity, and difficulties with self-regulation.

ADHD Symptoms* you may notice at home:

Self Regulation

- Struggling to get to sleep, stay asleep or tiredness.
- Forgetting to eat or sensory eating issues with texture/smell.
- Maintaining consistent washing, teeth cleaning, toileting routines.
- Difficulty organising personal thoughts, things, self or spaces.

Behaviour and Emotions

- Mood swings, outbursts or difficulty managing emotions.
- Issues around time management, getting dressed and to places on time.
- Struggling with changes to routine and transitions of people or places.
- Difficulty with following rules and guidelines.

ADHD Symptoms* you may notice at school:

Inattention:

- Difficulty sustaining attention on tasks or activities.
- Frequently makes careless mistakes in schoolwork or other activities.
- Often appears forgetful or easily distracted.

Hyperactivity:

- Fidgets or squirms in seat.
- Runs or climbs excessively, in inappropriate situations.
- Talks constantly or has difficulty engaging in quiet activities.

Impulsivity:

- Blurts out answers before questions have been completed.
- Interrupts or intrudes on others' conversations or activities.
- Difficulty waiting for turn or delaying gratification.

*These are just a few examples of how symptoms may present and cannot be taken as a diagnosis. A psychiatrist is able to provide a clinical diagnosis should you choose this option.

Navigating ADHD challenges and support for PARENTS

Challenges in School Settings

Children with ADHD may face challenges in academic settings due to difficulties with attention, executive functioning, and social interactions.

Understanding a child's ADHD symptoms at both home and school can better support teachers, parents and children in navigating school life.

Managing ADHD

While there's no current cure for ADHD, it can be effectively managed through a combination of strategies, including medication, therapy, lifestyle modifications, and educational support.

Early intervention and evidence-based treatments significantly improve outcomes for children with ADHD.

It is important to remember that **every child with ADHD is unique**, and their symptoms and behaviours may vary depending on factors such as age, gender, temperament, and coexisting conditions.

Support for Parents

Parents of children with ADHD may experience challenges that impact their own mental and physical wellbeing and other members in their family.

Seeking support and learning more about ADHD can help parents feel more empowered and in control and have a *significant impact* on their child's ability to navigate ADHD.

Available Resources

In Singapore, families can access a variety of local and international support and resources.

You can find support groups, counselling services, and educational workshops these both face to face and online.

These resources provide invaluable support and guidance, helping families feel understood and less isolated in their journey with ADHD.

We hope this information sheet provides some valuable insights and support as you navigate the journey of parenting a child with ADHD. Remember, you're not alone, and there are resources available to help you and your family every step of the way.

Rebecca Loan is a Psychotherapist, Counsellor and Certified ADHD Specialist, providing support for Adults with ADHD and Parents of children with ADHD symptoms.

Please get in touch for more free 'Joining the ADHD Dots' tools and resources or questions about one to one parent support sessions.

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