

ADHD

Awareness

What
is ADHD??

Chapter 1

Introduction to ADHD

Unit 1.1: What is ADHD

Unit 1.2: Difference between
ADHD and ADD

Unit 1.1: What is ADHD?



- ADHD stands for Attention Deficit Hyperactivity Disorder.
- There is no proven cure for ADHD, but there are treatments for ADHD.
- Close to one in twenty children are diagnosed with ADHD.

- The causes are not yet established but it is commonly believed to be a genetic link.



- The 3 Core symptoms of ADHD are: Inattention, Hyperactivity and Impulsivity.

Unit 1.2: Difference between ADD and ADHD

- ADD stands for Attention Deficit Disorder and is considered an outdated term for ADHD



- ADHD stands for Attention Deficit Hyperactivity Disorder

Chapter 2

Myths and Facts about ADHD

Unit 2.1: Common myths
about ADHD

Unit 2.1: Facts about ADHD

Unit 2.1: Common myths about ADHD

#1: Do only boys get ADHD?

No, girls can have ADHD too.

**#2: Children will not have
ADHD when they grow up.**

ADHD can continue into
adulthood and this may affect
them in work due to their
impulsiveness



#3: Girls have lower rates and less severe ADHD than boys

Girls and women experience,
equal chance of having ADHD
They are at risk for many of the
same coexisting conditions and
impairments as males

A graphic with a light gray background and a faint grid pattern. The word "MYTH" is in large, bold, black capital letters. To its right is the word "vs" in a smaller, red, lowercase font. To the right of "vs" is the word "FACT" in large, bold, red capital letters.

MYTH vs **FACT**

Unit 2.2: Facts about ADHD



1. The average age of ADHD diagnosis is 7 years old.
2. Symptoms of ADHD typically first appear between the ages of 3 and 6
3. Many People With ADHD Struggle With Short-Term Memory

Chapter 3

Frequently Asked Questions about ADHD

Unit 3.1: How to
communicate better with
children diagnosed with
ADHD

Unit 3.2: How to seek
professional help



Unit 3.1: How to communicate better with children diagnosed with ADHD

(Note: Children with ADHD need to be told what to do in a clear, straightforward and non emotional way if they are to learn to control their actions. Here are some simple tips to promote effective communication with children with ADHD.)

1. Minimise ALL distractions

- Turn off or ask the child to turn off the television or computer. If you are in a noisy setting, move to somewhere quieter.



2. Praise the child

If the child has complied with the command, be sure to praise the child.

3. State the instruction/command clearly while being assertive
4. Repeat the command/instruction
 - If you are unsure of whether or not the child has heard the command, get him to repeat it back to you.

5. Establish and maintain good eye contact.

- Touching a younger child's arm or holding his hand before addressing him helps



6. Impose a Timeout

If the child does not cooperate according to the time limit that you set, invoke the consequences (eg. Time-out)

Unit 3.2

How to seek professional help

If you require any special assistance, do seek help from the ones listed below:

- The Child Guidance Clinic

Health Promotion Board Building
3 Second Hospital Avenue
#03-01 Singapore 168937
Tel: 6435 3878

- NUH Neuroscience Clinic (Child and Adolescents Psychiatry Service)

National University Hospital Kent Ridge
Wing, Level 4

5 Lower Kent Ridge Road Singapore
119074 Tel: 6772 8686 / 6772 2002

- Children's Clinic (NUH Child Development Unit)

National University Hospital Kent Ridge
Wing, Level 4

5 Lower Kent Ridge Road Singapore
119074

Tel: 6772 6157/ 6772 2470 Email:

chi2@nuhs.edu.sg

- Department of Developmental Paediatrics

KK Women's and Children's Hospital
Specialist Clinic M

Podium I, Children's Tower

100 Bukit Timah Road Singapore
229899

Tel: 6394 2211

- NUH Child Development Unit (CDU)

Jurong Medical Center
60 Jurong West Central 3, Level 2
Singapore 648346
Tel: 66652530/ 66652531
Email: cdu@nuhs.edu.sg

- Institute of Mental Health:

Website:
<https://www.imh.com.sg/>
<https://www.imh.com.sg/clinical/page.aspx?id=249>
Number: 6389 2000

-Child guidance: appointment has to be

booked in advance via email address.
There is no enquiry email address.

Websites: www.spark.org.sg

<https://understandingadhd.wixsite.com/adhd>