**Screen1**

**What is ADHD?**

ADHD stands for “attention deficit hyperactivity disorder”. It is not a disease, but it is a medical condition in which a person has differences in brain development and brain activity, and their inattention is noticeably greater than expected for their age or developmental level.

the behaviors of ADHD must appear before age 12 and continue for at least six months.

It affects as many as 10% of school-aged children. Increasing numbers of children, especially boys, are diagnosed with ADHD.

Inside the ADHD brain, symptoms manifest differently in girls vs. boys, children vs. adults, and within the 3 types of ADHD: inattentive, hyperactive, and combined.

The symptoms must also create impairment in at least 2 areas of the child's life in the classroom, on the playground, at home, in the community, or in social settings.

MCQ :(Screen 2)

1. all sentences are correct except

 People with ADHD may also have trouble focusing their attention.

 the behaviors of ADHD continue for at least seven months.✔️

There are 3 types of ADHD

1. the behaviors of ADHD must appear before the age

9.

 10

11

12✔️

1. A person with ADHD has differences in ………

brain development & brain activity✔️

brain development

brain activity

None of the above

1. The inattention of ADHD children is noticeably…….. expected for their age or developmental level.

equal

lesser than

greater than✔️

none of them

1. How many types of ADHD are there?

2

5

3✔️

1

1. Does ADHD differ according to whether the child is a girl or a boy?

True✔️

False

1. Just a few children are diagnosed with ADHD

True

False✔️

1. ADHD Increases a child’s attention and focus

True

False✔️

1. People with ADHD have trouble of sitting focus on..… time

very long

 long✔️

short

very short

1. ADHD is :

a disease

 a medical condition in which a person has differences in brain development and brain activity

 not a disease

2 & 3✔️

**Screen 3**

**Common Symptoms of ADHD in Children :**

Although symptoms may differ depending on the type of ADHD diagnosed, some common symptoms of ADHD in kids are:

1. Self-focused behavior
2. Trouble waiting turn
3. Emotional turmoil
4. Fidgeting
5. Problems playing quietly
6. Trouble finishing tasks
7. Lack of focus
8. Forgetfulness
9. Have difficulty getting along with others

A person with ADHD will exhibit six of these symptoms.

**Hyperactive Vs. Inattentive symptoms**

**Inattentive**

This type has trouble paying attention to details and is easily distracted, and often people with it have trouble organizing or finishing tasks.

often forget routine chores and have difficulty following instructions or completing tasks.

Often children’s mind seems elsewhere, even in the absence of any obvious distraction.

**Hyperactive/Impulsive ADHD:**

This is the most common type of ADHD. These include an inability to pay attention, a tendency toward impulsiveness, and above-average levels of activity and energy. They can’t stop talking loudly.

For example, the disruptive 9-year-old child who loves to jump off dangerously high things and seems to be driven by a motor.

Often interrupts or intrudes on others (e.g., butts into conversations, games, or activities; may start using other people’s things without asking or receiving permission).

**Combined**

It is a mix between ADHD intention & hyperactivity. It is the most severe type of condition. There must be at least six symptoms present in both categories to receive a combined hyperactive and inattentive diagnosis.

**MCQ :(Screen 4)**

1. the….. is the most severe type of the condition.

 Combined ✔️

impulsive

Hyperactive

 Inattentive

1. Which of the following is one of ADHD's common symptoms:

Fidgeting

Emotional turmoil

Trouble finishing tasks

all of the mentioned✔️

1. How many symptoms should a kid has to be diagnosed with any type of ADHD

2

8

6✔️

3

1. which of the following is an Inattentive type symptom:

Often children’s mind seems elsewhere, even in the absence of any obvious distraction✔️

Often runs about or climbs in situations where it is inappropriate

Often unable to play or engage in leisure activities quietly

Often talks excessively

1. If the child often fidgets with or taps hands or feet or squirms in their seat, then he/she must be diagnosed as having the -------- type of ADHD.

Combined

Hyperactive

Impulsive

b & c✔️

1. Trouble finishing tasks and lack of focus are one of the common symptoms of ADHD in kids

True✔️

False

1. Having difficulty getting along with others is not one of the ADHD Symptoms :

True

False✔️

1. Using other people’s things without asking or receiving permission is a sign that the child has -------- ADHD

 Combined

Hyperactive / impulsive✔️

 Inattentive

 none of them

1. Trouble waiting turn is one of the ADHD symptoms

True✔️

False

1. a child with a combined type of ADHD has trouble paying attention to details, is easily distracted

True✔️

False

**Screen 5**

**Dear parents, you are the solution…**

Don’t try to fix their weaknesses, instead, try to celebrate their strengths.

**As a parent how can you help your child with ADHD?**

**Create a routine:** Try to follow the same schedule every day, from wake-up time to bedtime.

**Get organized:** encourage your child to put school bags, clothing, and everything in the same place.

**Manage distractions:** Turn off the TV, limit noise, and provide a clean workspace when your child is doing homework.

**Limit choices:** To help your child not feel overwhelmed or overstimulated, offer choices with only a few options.

* Be clear and specific when you talk with your child.
* Let your child know you are listening by describing what you heard them say.

**Help your child plan:** Break down complicated tasks into simpler, shorter steps. For long tasks, starting early and taking breaks every 20 minutes may help limit stress.

**Provide a healthy lifestyle:** Nutritious food, lots of physical activity, and sufficient sleep are important.

**MCQ(Screen6)**

1. Which one is considered to help your child not feel overwhelmed or overstimulated?

Create a routine

Limit choice✔️

Manage distractions

None of them

1. Create a routine: try to follow a different schedule every day with your child.

True

False✔️

1. which is important to Provide a healthy lifestyle for your child.

Nutritious food.

lots of physical activity.

sufficient sleep.

All of them✔️

1. A child with ADHD makes careless mistakes or takes unnecessary risks?

True✔️

False

1. to help ADHD children limit stress for long tasks, starting ……… and taking breaks every 20 minute

Late

At any time

Early✔️

Before sleep

1. one of the most important ways to help your children is learning to understand what child’s behavior is really saying

True✔️

False

1. Focusing and trying to fix a child's weaknesses is considered evidence of positive parenting

True

False✔️

**what is the correct action that should be taken in the following situations**:

1. ‘‘ When your child does messy actions or doesn’t behave as expected’’ you have to:

punish him/her

understand why he did it and then try to tackle the problem wisely✔️

discard listen to him and tell him to do the right thing

1. ‘‘If you want your child to finish his homework ’’ you will:

use motivations as rewards to encourage him/her to finish it✔️

 just ask him/her to finish it.

none of them

1. one of the positive parenting steps is :

Put your child in charge

Create Positive Incentives

Recognize Your Child’s Challenges

all of the mentioned✔️