



adhd1.net

A Short Introduction to ADHD

We now know that ADHD is a real neurological disorder that probably is caused by a chemical imbalance in the brain. Through PET scans, we are able to observe that people with ADHD have a lowered level of brain activity in part of the brain.

Most of the time ADHD is inherited, but it can also be caused by problems with the pregnancy, the delivery, early childhood severe illness, environmental toxins, etc.

The three main symptoms of ADHD are getting bored easily, acting fast without thinking first about consequences or alternatives, and being hyperactive.

Three types of ADHD are diagnosed. One which is primarily hyperactive and impulsive, one which is primarily inattentive, and one which is a combination of all three symptoms. It is possible that the combined type and the primarily hyperactive and impulsive type are actually the same syndrome.

In addition to the three main symptoms, children with ADHD often have other characteristics such as desiring immediate gratification. They want it, they want it now, and they are going to be in your face until you give in, become very angry, or they have a tantrum. Many of the children are oppositional, demanding, and stubborn.

THE TOTAL
TRANSFORMATION™
PROGRAM



**Get your
kids to
behave
now.**

**Step-by-step
parenting
program
that works!**

**Free Trial
Click Here**

www.
TheTotalTransformation.
com

• *ADHD Information*

- "At Last, the Truth about ADHD"
- A Short Introduction to ADHD
- About Dr. C & Elwood
 - 1982 Article About ADHD Specialist Dr. Sam Caron
- ADHD / Oppositional Defiant Disorder and Help for Teachers
- ADHD and Oppositional Defiant Disorder
 - ADHD and Oppositional Defiant Disorder – Part 2
 - ADHD and Oppositional Defiant Disorder – Part 3
- ADHD Medication and Children
- ADHD Specialist In Japan News Article
- Dealing With Children In Times Of Crisis
- DISCLAIMER
- Dr. C & Elwood Sing the ADHD Song in Japan
- Dr. C & Elwood Talk About PTSD
- Facts About ADD and ADHD
- One Minute Parenting Tips from James Lehman
- Tell Them To Do It Once... Total Transformation One Minute Parenting Tip from Dr. James Lehman
- The Children's ADHD Video Network

• *Content*

- ADHD cartoons
- ADHD Quick Tips
- Articles
- Dr. C's Blog
- Elwood's Blog
- Frequently Asked Questions
- Fun Stuff
- Letters

• *ADHD Links*

- ADHD Forum For Parents Of ADHD Children
- ADHD Guide for Parents of Children with ADHD
- Dr. C & Elwood's ADHD Squidoo Page

• *Podcast Feeds*



The children also tend to be immature. Twelve year olds are more like eight year olds, nine year olds are more like six year olds, etc.

These characteristics can lead to problems with peer relationships. Many children with ADHD end up playing with younger children.

One of my biggest concerns is the effect that ADHD has on personality development. The children begin to think that they are stupid, uncontrollable, and unlovable. These negative self beliefs lead to even greater problems since we act the way we think.

Most children have some of the symptoms of ADHD. We diagnose the disorder if the symptoms differ significantly from what other children their age are experiencing, if their developmental history supports the diagnosis, and if there is significant impairment. We become concerned when we see that the problems are handicapping the child's development by interfering with learning, relationships, and self concept formation.

The current treatment of choice is a combination of medication and counseling. Stimulant medications stimulate brain activity, thus reducing the severity of the symptoms.

The purposes of the counseling are to educate the child and the family about ADHD, help the family create a more ADHD friendly environment, work on any developing personality problems, and try to decrease parental depression and guilt.

Children with ADHD do not appear to addict to the medication.

However, we are now beginning to see teenagers and young adults who are abusing the medications by mixing them with alcohol and other drugs and using them to stay up longer to party. Currently, we do have some medications which have a lower abuse potential.

Help For ADHD

I recommend that you seek out more information about the disorder by reading current literature about it, attending lectures, joining CHADD, checking out videos from your library, or joining our exclusive

ADHD Club! Now you and your entire family can learn with Dr. C & Elwood as they teach you about Attention Deficit Hyperactivity Disorder through songs, magic, games, activities, and so much more. You'll gain access to our exclusive Members Only areas and get to participate in tele-seminars not available anywhere else. New videos and articles added regularly! [Click here to learn more about Dr. C & Elwood's ADHD Club now!](#)

Bookmark It



[Hide Sites](#)

New Content

- o ADHD, Oppositional Defiant Disorder, and Peace In the Family | ADHD Help on "At Last, the Truth about ADHD"
- o ADHD Support Groups | ADHD Help on "At Last, the Truth about ADHD"

Tags: ADHD, adhd child, adhd expert, adhd families, adhd in children, adhd specialist, attention deficit, child psychologist, defiant disorder, hyperactivity disorder, psychology



adhd1.net

Subscribe to our Newsletter for Parents of ADHD Children!
 As thanks, you'll receive a free bonus e-book,
5 Articles About ADHD
 We will never ever share your e-mail address with anyone for any reason, and we will never send you spam.
 We promise. No one likes spam, including us.

First Name:

Email: