

Useful websites for ADHD

- www.livingwithadhd.co.uk
- www.adhdandyou.co.uk
- www.addiss.co.uk



Useful apps for ADHD

- Sorted: The daily organiser
- The trouble with dragons (iPad / Android Tablet only)

Understanding NICE guidance

- www.nice.org.uk/guidance/CG72/ifp/chapter/about-this-information



What other children have said about having ADHD



What does ADHD stand for?

A Attention
D Deficit
H Hyperactivity
D Disorder

ADHD:

- Makes you get fidgety and can't sit still
- Makes it difficult to concentrate
- Makes me silly, not nice and crazy
- Makes me have difficulty behaving and "naughty"
- Sometimes I forget things
- You get moved to the front of the class
- Stops me being able to listen and do my work
- I mess about and don't know when to stop
- I like attention but don't like people laughing at me and the attention I get might not be for the right reason
- I am noisy and call out
- I take it out on people who I care about
- Not good at sharing and take things without asking
- Not very organized
- "I like it when I get points and frown when I am in trouble"



TRUST

Sometimes it is hard to trust new adults and tell them what you find hard especially if it has got you into trouble. If the doctors and nurses you see in clinic think it would be helpful to share information with your teachers they will ask your parents and you if that would be OK.

How does taking tablets for ADHD make you feel?

Sometimes you might be given tablets (medication) to take at home, some children said:

"The tablets calm you down, stop you being angry, make you relaxed and help you to be kind"

"The tablet works by helping you think before you do something and help you concentrate more in your lessons. It may take a little time to get the amount of tablet given to you right"

"Very occasionally the tablet might make you feel worse. If this happens tell an adult and they can speak to your doctor"

"If you are started on tablets you will be seen by a doctor or nurse for checkups. They will ask you and your parents about your sleep and appetite (how hungry you get)".

"You will have your weight, height and blood pressure measured. These do not hurt and do not involve any needles".

Written and illustrated by children and young people with ADHD

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