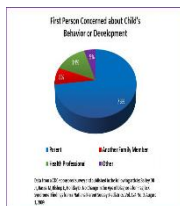


- Not only can the effect be emotional and physically demanding but financially too.

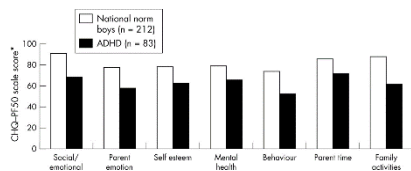
- Parents with children with ADHD often don't have much time to themselves as the child normally has a poor sleeping pattern etc.



- Not sleeping often makes the child's behaviour worse the following day even though they still seem like their full of energy
- This and the other difficulties they face can often lead to arguments between parents and can lead to a strained or even broken relationship which leaves the child sometimes angry, upset, and sad.
- Children with ADHD show characteristics are stressful, demanding, and intrusive in nature it is likely to cause negative responses from parents and then lead to a negative influence on the family relationships (Johnston and Jassy, (2007); Johnston and Mash, (2001).
- They tend to have lower academic achievement than their peers (Barkley et al. (1990).
- As the child can be a handful and hard to manage you can find they might not be invited to class mate's parties etc this can leave them feeling left out.
- Parents can find it hard to find people that can handle their child and their needs, and this means they have less time to themselves.
- Parents of children with ADHD are said to be less confident in the parenting and self esteem with higher levels of depression and higher stress levels (Befera and BarNey, 1985; Cantwell, 1972; Cunningham, Benness, & Siegel, 1988; Morrison, 1980).
- Not only do the children have the difficulties of ADHD but also encounter troubles in their family relationships.

ADHD is a family affair (Johnston & Mash), (2001);Whalen & Henker, (1999)

- (Cunningham and BarNey (1979) and Mashand Johnston (1982) research shows that children were more resistant and showed to be less cooperative in a classroom setting.
- Educational and work performance is frequently reduced.
- It is not a childhood disorder but all through their life. (Kessler et.al (2006)
- It can have an influence on the families' daily life and tasks
- Research shows that the mothers relationship with the child differs from the fathers and child's relationship (Buhrmester, Camparo, Christensen,Gonzalez, & Hinshaw, 1992; Johnston, 1996).
- Treatment can help to control ADHD and can seen to make a difference for the child.
- There are a variety of treatments in different doctors, home and school settings that you can look in to.
- Children that have been identified ADHD are more likely to have more parent conflicts within the home. Biederman et al. 1995; Lange et al. 2005; Pressman et al. 2006).
- It is likely that mothers and fathers of children with ADHD find it harder keeping up a family structure and cohesiveness (Biederman et al. 2002).
- Certain research has established that parents of children with ADHD get less fulfilment from parenting,
- They develop more negative parent-child interactions,
- And that their children are less open, and are more unlikely to be able to understand them
- children's learning capabilities (Carlson et al. 1995; DuPaul et al. 2001; Johnston and Mash 2001)



If you are looking for more advice and help with a child with ADHD here are some websites that have information for parents and families –

<https://youngminds.org.uk/find-help/conditions/adhd/>

<http://livingwithadhd.co.uk/>

<https://www.nice.org.uk/guidance/cg72/iff/chapter/information-for-parents-of-children-with-adhd>

<http://www.chadd.org/understanding-adhd/for-parents-caregivers.aspx>

<https://contact.org.uk/medical-information/conditions/a/attention-deficit-hyperactivity-disorder/>

There are also several support groups for families with ADHD children here are a few:

<https://www.additudemag.com/youre-not-alone/>

<https://www.ukadhd.com/support-groups.htm>

<https://www.dailystrength.org/group/adhd-add>



In children and adolescence and the well-being. This leaflet has information to help for you and your family.

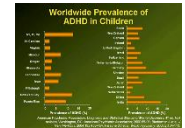
"In the UK, a survey of 10,438 children between the ages of 5 and 15 years found that 3.62% of boys and 0.85% of girls had ADHD. (Ford et al., 2003)."

- There are three main features to look for in your child that is a part of ADHD inattention, impulsivity and hyperactivity.
- There is no definitive diagnostic test when it comes to ADHD and will need quite a few evaluations before being diagnosed with it.
- There are several symptom's which can appear in your child to identify ADHD.
- These symptoms can be seen from the age of 4 years old and later.
- Six or more of these symptoms have carried on for 6 months or more.
- Some of these symptoms are:
- Easily distracted/less able to concentrate while doing boring or routine task.
- They tend to have little sense when it comes to danger.
- While playing with something of their interest they tend to not pay attention to what's going on in their surroundings.
- Blurting out answers or excessive talking.
- Always on the move and switching activities

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- <http://rhondaferrellcounseling.com/add-therapy/>

- Poor sleeping pattern.
- Has difficulty waiting their turn.
- Fidgeting, not being able to sit still for long periods of time.
- Does not pay close attention to detail.
- Forget daily tasks or activities e.g. chores.
- Have difficulty playing quietly
- Do not seem to be listening when spoken too.
- Find it difficult to follow instructions'
- Looses and misplaces things that they need for homework or activities.
- Moves around when in in appropriate settings e.g. car journeys, assembly's etc.
- When eating out in restaurant's they can not sit and wait for their food.
- They can have slight delay in language, motor and social development but this is not certain to ADHD.



Not only can the effects of ADHD have an impact on the child's health and well-being but a big impact on the parents , siblings and surrounding families. It can not only be very stressful on the child but the family and surrounding siblings too it can affect their school life and social life.

THIS DISORDER HAS BEEN KNOWN AS ONE OF THE MOST COMMON NEUROBEHAVIORAL DISORDERS AMONG CHILDREN, WITH A GLOBAL PREVALENCE OF 5.29%".
(SADOCK & SADOCK, 2009).

