This book, written by two Australian paediatricians, is geared towards parents, teachers and health professionals. It aims to provide essential facts and up to date research evidence on ADHD. It is written in clear, readable and at times humorous style.

Includes chapters on:

- Identifying Attention Deficit Hyperactivity Disorder in your child
- Practical strategies to help with common problems associated with ADHD
- Medication

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Attention-deficit/hyperactivity disorder (ADHD) is a neurodevelopmental disorder affecting 11 percent of school-age children. Symptoms continue into adulthood in more than three-quarters of cases.

Information for Adults with ADHD

Approximately 10 million adults have attention-deficit/hyperactivity disorder (ADHD). In early adulthood, ADHD may be associated with depression, mood or conduct disorders and substance abuse. All about ADHD with resources and videos and a wealth of information.

What is ADHD?

Applying a Developmental Perspective to ADHD Research. Faye Dixon, Ph.D. from the UC Davis MIND Institute talks about Applying a Developmental Perspective to ADHD Research.

ADHD Medication Options. Samantha Cohen, M.D., from the UC Davis MIND Institute talks about ADHD Medication Options.

Strengths of ADHD (PDF). Although ADHD is often looked at as a negative, there are many benefits of having ADHD. ADHD is a disorder that makes it difficult for a person to pay attention and control impulsive behaviors. He or she may also be restless and almost constantly active. Understanding how to help someone with a learning difficulty starts with understanding which micro-skills are affected. When you learn which of the micro-skills is the problem, you will then be on your way to solving it. Post related contents. #adhd. Follow.