About ADHD

Attention-Deficit/Hyperactivity Disorder (ADHD) is a neurodevelopmental condition that can affect attention, activity level, organization, and impulse control.

ADHD can look different from one child to another. Some children mainly struggle with attention and organization, while others show more hyperactive or impulsive behaviors—or a combination of both.

A helpful reminder

ADHD is not simply a matter of a child "not trying." A careful evaluation looks at patterns across settings and considers other possible explanations.

Connect With Enspire

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Clinical Inquiries

(215) 948-3171

Website

www.enspirecg.com

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Understanding ADHD

A Parent & Caregiver Guide



Understanding attention, activity, and impulse-control differences can help families identify the right supports.

A practical introduction to ADHD, common characteristics, evaluation, and ways parents can support a child at home and at school.

EDUCATION • EVALUATION • SUPPORT

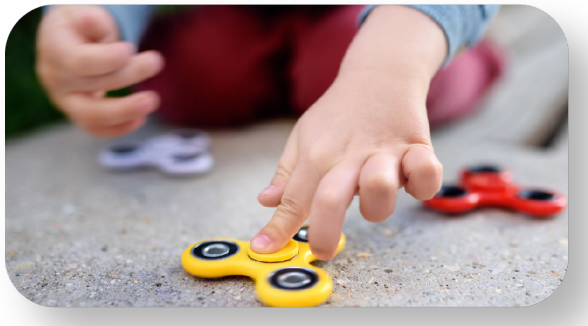
What Might ADHD Look Like?

Parents and caregivers may notice ongoing differences in areas such as:

- **Attention & focus**
- **Organization**
- **Following directions**
- **Activity level**
- **Impulse control**
- **Managing time & tasks**

Important

Many children are occasionally distracted, active, or impulsive. ADHD involves patterns that are persistent and interfere with functioning in more than one area of life.



Common Characteristics

- Loses track of instructions or tasks
- Has difficulty sustaining attention
- Frequently misplaces needed items
- Has trouble organizing schoolwork or routines
- Fidgets or seems constantly “on the go”
- Interrupts or acts before thinking
- Struggles to wait or take turns
- Needs frequent reminders to complete tasks

ADHD can affect children differently at home, school, and in social settings.

When Should I Consider an Evaluation?

Consider speaking with a qualified professional when attention, activity, organization, or impulsivity concerns are ongoing and are affecting learning, relationships, routines, or daily functioning.

An evaluation may include:

- Parent/caregiver input
- Teacher input
- Developmental & school history
- Behavior rating scales

What Can Parents Do?

- Write down specific concerns and examples.
- Ask teachers what they observe at school.
- Discuss concerns with your child’s healthcare provider.
- Request an evaluation when concerns are persistent.
- Keep copies of school and evaluation records.

How Enspire Can Help

Enspire provides comprehensive psychological evaluations that can help clarify attention, behavioral, emotional, and learning needs.

Questions? Call (215) 948-3171