

When should I see a doctor?

If your child's behaviour is affecting their learning, friendships, or home life, speak to your doctor. ADHD is usually diagnosed after 5 years of age.

How is ADHD treated?

- Behavioural therapy, OT, and parent coaching are often first steps

School support and accommodations can help your child thrive

In some cases, medication may be helpful

Myth vs Fact

"ADHD is just bad behaviour."
No—ADHD is a medical condition. With understanding and support, children with ADHD can succeed.

"Kids outgrow ADHD."
Some do, but many continue to manage symptoms into adulthood.

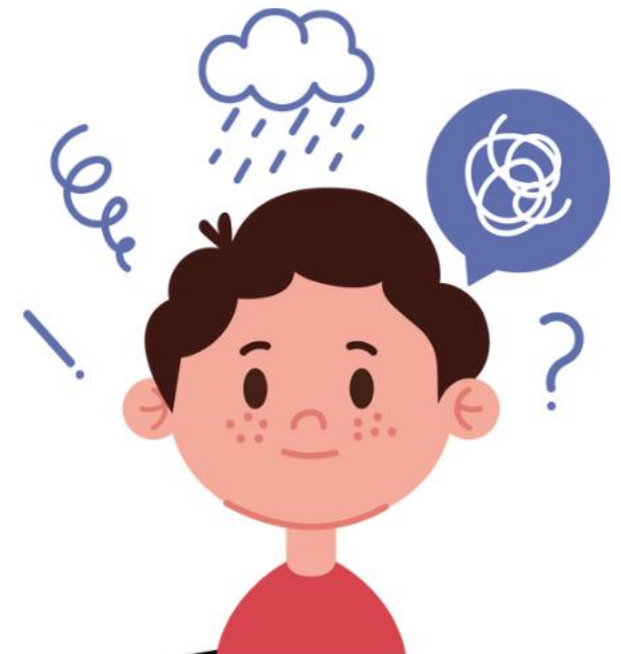
"ADHD only affects boys."
ADHD affects both boys and girls—though girls may be more inattentive and less hyperactive, so they're often missed.

When in doubt, reach out.

We're here to support your child's journey—let's work together to help them shine.

ADHD ^{IN} Children

**UNDERSTANDING
ATTENTION -DEFICIT/
HYPERACTIVITY DISORDER**




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SPECIALIST PAEDIATRICIAN

WHAT IS ADHD?

ADHD is a condition that affects how a child focuses, stays still, and controls their impulses. It's not caused by bad parenting or too much sugar—it's how the brain is wired.



What are the signs?

Trouble staying focused Or paying attention

Frequently switching from one activity to another

Forgetting things or losing items often

Acting without thinking (impulsive)

Fidgeting, squirming or talking non-stop

Difficulty awaiting their turn

What can i do at home?

- Keep routines clear and consistent
- Give short, simple instructions
- Use praise and rewards for positive behaviour
- Give one task at a time
- Stay calm—structure and patience go a long way
- Work with your child's teacher for support

