**What is ADHD?**

Attention Deficit Hyperactivity Disorder (ADHD) is a behavioural condition. It is when someone finds it difficult to concentrate, sit still or stop talking. Everyone has chemicals in their brain that help to control how they behave. Someone with ADHD may not have enough of some of these chemicals in their brain and this causes them to behave differently. ADHD is not about being naughty, even though sometimes it might look like that. It may also be called ADD.

**What causes ADHD?**

Nobody is quite sure what causes ADHD, but it is to do with how the brain works. People who have ADHD are born with it, although they may not know about it until they are five or six or years old. It is not their fault.

**What does it mean?**

People with ADHD are mainly affected in four ways:

• Paying attention.

• Being hyperactive.

• Having uncontrollable urges.

• Being organised.

This may mean they are overactive, fidgety and noisy and may do things without thinking about them first. They may chatter all the time and often interrupt people and find it hard to take turns in play, conversations or stand in line. They can be clumsy and bump into things a lot, or drop things. They may also forget things and lose things, find it difficult to read and write and find it difficult to make friends.

Most people are like this some of the time, but someone with ADHD is like it a lot more, and cannot help it.

**What treatment is there?**

People with ADHD may be given medicine to help correct the balance of chemicals in their brains. Other things which may help are:

* Keeping to a good routine at home.
* Giving lots of praise when they behave well.
* Making instructions and rules very clear.

*Taken from:* [*https://www.youngsibs.org.uk/info-and-advice/learn-about-conditions/adhd/*](https://www.youngsibs.org.uk/info-and-advice/learn-about-conditions/adhd/)