

TANTRUM SOLUTION

What Does ADHD Look Like at Home?

Does your child seem to be disorganized, messy, forgetful, acting without thinking, and overly emotional? If these problem behaviors are happening repeatedly, it is possibly not your child's fault but due to ADHD. If you suspect that your child has ADHD, the last thing you should do is get angry at your child. ADHD is a neurobiological disorder and is not under your child's control. Take your child to a pediatrician, a child psychologist, or a child psychiatrist for a formal diagnosis and help.

Everyday Manifestations of ADHD

ADHD Mental Processes	May Be Viewed As
Inability to focus on uninteresting stimuli	Homework Wars; Forgetting Directions
Inability to shift focus	Tantrums when it's time to leave or stop
Lack of focus	Losing things
Difficulty with organization and planning	Messy
Poor planning and focus; Impulsivity	Lying
Attraction to novel stimuli; Impulsivity	Stealing
Difficulty regulating emotions	Tantrums
Inability to track the passage of time	Always late; Procrastination
Difficulty completing tasks due to stimuli seeking and distraction	Laziness
Avoidance due to all of the above	Lying; Laziness; Procrastination; Defiance

ADHD contributes to the perceived offenses on the right side of the table. However, it does not mean that your child is bad, lazy, unintelligent, or mentally ill. There are millions of brilliant, creative, productive people, who process the world with ADHD. Albert Einstein was one of them. Understanding that brain chemistry that differs from others contributes to the offenses will hopefully give you understanding and empathy. It is best for a parent to be disappointed not angry. Do not feed the need for negativity and grow the ODD monster.