

# Head Start Family Newsletter



## ADD/ADHD in Children

### Recognizing the signs, symptoms and effects

All children get fidgety or impatient from time to time. Now and then, their attention wanders or they need to run around and blow off steam. And as we know, sometimes kids say the darndest things. But when inattention, hyperactivity, and impulsive behavior are the norm for a child, it may be a sign of ADHD. ADHD can lead to problems at home and at school, with family, teachers, and peers, so it's important to identify the symptoms and get help.

### What is ADD or ADHD?

You know these kids: the ones who can't sit still, the ones who never seem to listen, who don't follow instructions no matter how clearly you present them, who blurt out inappropriate comments at inappropriate times. There's at least one in every classroom, and that one may be yours, because attention deficit disorder (ADD) affects people across the spectrum of race, class, gender, and age.

Attention Deficit (Hyperactivity) Disorder (ADD/ADHD) is a neurological condition that makes it difficult for people to inhibit their spontaneous responses that can involve movement, speech, and attentiveness. The National Institute of Mental Health estimates that between 3 and 5 percent of children in

the United States have ADHD. This means that in a classroom of 25 to 30 children, at least one is likely to have ADHD.

### Types of ADD / ADHD

There are three subtypes of ADD/ADHD:

- Predominantly inattentive
- Predominantly hyperactive-impulsive
- Combined: inattentive and hyperactive-impulsive

That means children with ADD/ADHD don't all have the same problems. Some are hyperactive, while others sit quietly (with their attention miles away). Some put too much focus on a task and have trouble shifting it to something else. Others are only mildly inattentive but overly impulsive. Still others have significant problems in all three areas.



## January Birthdays!

### Chautauqua

22-Travion W.

### Chibley

29-Camren M.

### Walton

4-Kadarin W.

-4-Ameatria P.

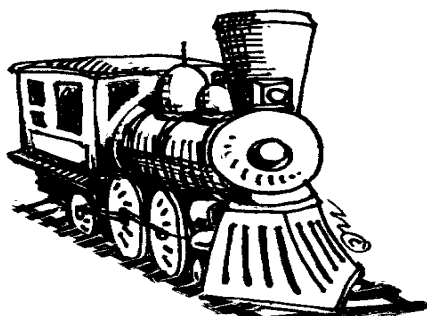
19-Anna G.

23-Zakimya A.

26-Gavin M.

### Westville

2-Troy H.



## Literacy Express

Theme:

Nutrition

Letters:

B, F, O, Y

Concepts:

Common Shapes

(circle, oval)