



Children Being Restless?  
**UNDERSTANDING ATTENTION-DEFICIT/HYPERACTIVITY DISORDER**

**What is attention-deficit/hyperactivity disorder (ADHD)?**

Attention-deficit/hyperactivity disorder (ADHD) is a common neurobehavioural developmental disorder. Children suffering from ADHD usually demonstrate hyperactivity, impulsiveness and inattention. These symptoms create obstacles in learning and interpersonal relationships, which may lead to emotional problems, low self-esteem, and major difficulties in coping with everyday life.

How common is ADHD?



5-9%

The prevalence among Hong Kong school children is 5-9%, similar to that of the international figure  
 More boys than girls are affected

**What are the symptoms of ADHD?**

Three major symptoms:



Hyperactivity



Impulsiveness

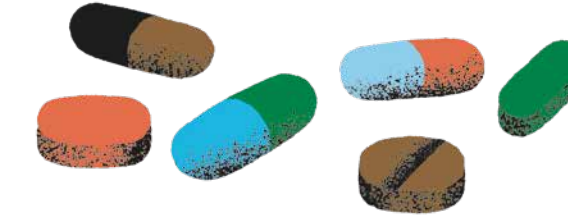


Inattention



It is common for children to be inattentive, impulsive and restless sometimes. That does not necessarily mean that they have ADHD. Professional diagnoses are required to find out whether a child is affected by ADHD. If you think that your child may be affected, please consult a doctor.

**How to treat ADHD?**



**A Medication**

Medication can help to correct imbalance in neurotransmitters such as dopamine and norepinephrine. It can improve the patient's attention and hence reduce hyperactive and impulsive symptoms.



**B Emotional and behavioural management**

A systematic way of parenting can improve the child's behavioural problems. That includes providing clear disciplinary guidelines, receiving parenting training, and allowing the child to join ADHD group training and impulse control training.

ADHD can be improved. If you think that your child may be suffering from it, you should seek help.

**Wishing to improve the behavioural and emotional problems of a child with ADHD?**

As a parent, you may:



Teach the child proper ways of handling emotions and solving problems



Build a positive parent-child relationship



Help the child to establish healthy habits

For more information:



Consult your doctor



Call and consult these departments:  
 Hospital Authority Mental Health Direct  
 2466 7350  
 Social Welfare Departmental Hotline  
 2343 2255



Visit shallwetalk.hk



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精神健康諮詢委員會  
 Advisory Committee on Mental Health



Department of Health  
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