



Answering your questions: Information on ADHD for children



Hello and welcome,

Has a doctor told you that you have ADHD? You probably have a lot of questions now.

In this brochure, we would like to answer some of them: Let's start with an overview on ADHD. We'll explain whom you can talk to about ADHD, and how. We also have some tips for your everyday life with your family and at school.

We have also put together some suggestions that can help you make the best of your leisure time with a variety of activities. From sport to various group activities, you will find some fun suggestions

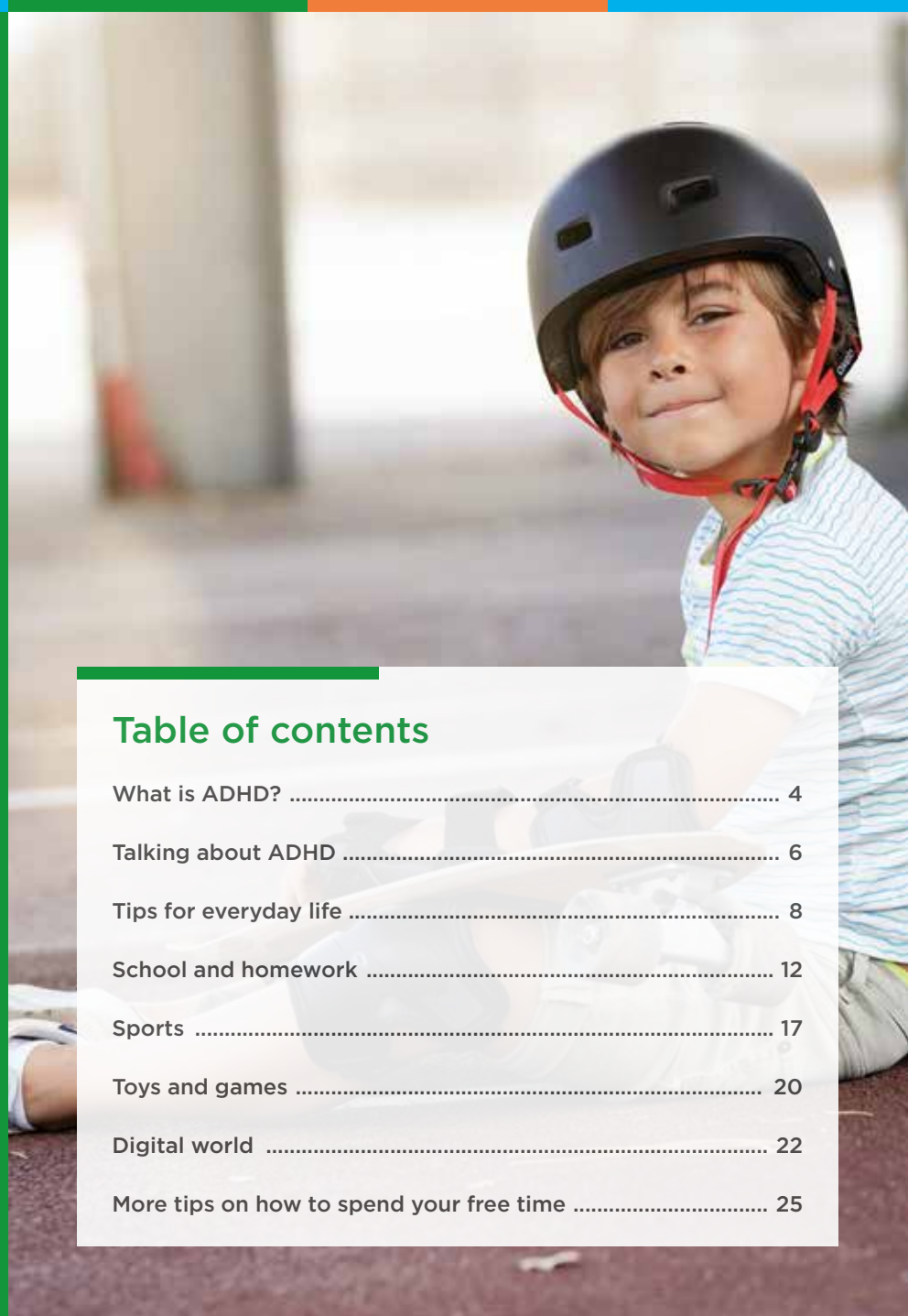
that will help you make new friends and develop your strengths.

If you are already a teenager, we have put together an extra brochure for you. Take a look inside!

You can find more information about our brochure series and much more on our website: **www.takeda-adhs.de**.

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WHAT IS ADHD?

First of all, ADHD is an abbreviation: The full name is **A**ttention **D**eficit/**H**yperactivity **D**isorder.

ADHD stands for certain behaviours that are often seen in children – and sometimes also in adults. For example, one can be very inattentive, notably active or even downright jittery. It's true that all of us are a bit like that now and then, but these behaviours are so common in people with ADHD that they cause problems.

If a doctor diagnoses you with ADHD, you are not alone: ADHD occurs in quite a lot of children. It is estimated that around one child per school class has ADHD.



What are the typical signs?

ADHD is mainly recognized by three types of behaviour. We'll describe these below.

Lack of attention means that it is difficult to concentrate and stick to the point. This means that perhaps:

- you find it difficult to concentrate while doing homework or playing games,
- you often don't listen properly, forget or lose things,
- you often daydream, get distracted easily and cannot pay attention.

Hyperactivity means that you are constantly moving around, can never sit still and are always fidgeting. Examples of this are:

- when you can't stay sitting at your desk during school classes,
- climbing around on everything, even if that could be dangerous,
- you can't play or read quietly.

If a person is **impulsive**, that means that they do something without thinking it through beforehand. They may find it very difficult to wait for things. This can be seen, for example, from the fact that:

- you interrupt people or talk a lot;
- you blurt out answers before the question has even finished;
- you do not finish playing a game but want to start something new again after a short while.

If you are now saying: "I recognise that! I'm like that too, sometimes I can't sit still!" it still doesn't necessarily mean that you have ADHD. Everyone is restless, unfocused or does things too quickly from time to time. The difference is that a child or adult with ADHD is almost always like that, not just from time to time.

Talking about ADHD...



...with your doctor

If you're going to be examined for ADHD, the doctor will probably talk a lot at first: With you, with your parents, maybe even with your teachers.

He/she may also ask you to do short tasks, answer questionnaires, or play games with them. All this serves to get to know you and to find out what you are particularly good at and what you find difficult.

Don't worry. There is no such thing as a "right" or "wrong" answer, and your answers will not be marked. Even if you are a little uncomfortable or if you feel you are being watched, it is best to just act the same way as you always do and answer honestly.

After all, the doctor wants to get to know you just as you really are.

Don't be afraid to ask questions! Being the expert, the doctor can answer many of your questions. And remember, there are no stupid questions, especially when it comes to you and your wellbeing. A doctor is also just a human being and knows how important and nerve-wracking a conversation like this can be for you!



...with your parents

Even if you have already talked to your doctor, you will most likely think of further questions or things that you are worried about. Your parents are probably the first to talk to: They spend the most time with you and have probably already looked into the subject of ADHD. However, sometimes it is extremely difficult to talk to your parents: perhaps because you don't always get along very well, because you don't want to tell them everything, or because you don't want to burden them with your own worries. In that case, it's important to choose another adult whom you trust and who knows about ADHD. This could be an uncle, an aunt, or just an adult friend whom you like very much.



...with other people

Whom do you tell about ADHD? If you have already been diagnosed with ADHD, you and your parents are probably concerned about this issue. It is important for you to have a genuine say about who gets told and who doesn't. After all, it's about yourself! Letting others "in on the secret" has the advantage that you might get along better with them if they know how to make certain things easier for you.



...with friends

As soon as you know, talk to your friends and classmates about ADHD. Maybe you sometimes get into arguments with them because you are a little different from them. Help them understand that you do some things unintentionally and that you are trying your best. Of course, this only works if you talk to them openly about your ADHD.

TIPS FOR EVERY-DAY LIFE

Everyday life firmly under control

Absent-minded professor or chaos queen: are you often in a muddle? Daily plans can help you manage the clutter.

Plans, schedules, fixed rules – it sounds exhausting at first. But it doesn't have to be that way. On the contrary, if you make a plan for what you have to do, it often spares you a lot of stress and frustration – and in the end there is even more time left for things you like doing.



How can I create a daily plan?

The best thing to do is to create these daily plans together with your parents. The plans state what has to be done, and when, and lists all the tasks that you have to do. And, of course, also all the fun stuff: play dates and other nice things. The plan does not necessarily have to be written down. Maybe it is more fun for you to draw your daily plan or decorate it nicely.

- Create checklists: To prevent forgetfulness, put a note on the doors with a list of the most important objects.



And you will also have time for yourself

All these preparations have the advantage that you will have time left for the things you enjoy. What is more, the compulsory tasks are less likely to drag on too long and take up your play time, for example.



How to make order out of chaos

You can play a trick on ADHD by following a few practical tips on forgetfulness and untidiness:

- Prepare for things, so you don't end up rushing: e.g. pack your gym bag beforehand and have it ready.
- Decide on where you will usually keep your things: Every important object should have its own place.

At first you might find it difficult to stick to your plans and lists. But it is worth keeping at it: Once you've got used to it, you can avoid a lot of frustration with your parents, anger at yourself and stress!



What can I do if there are arguments at home?

When there is always trouble at home, it can feel as if your parents are always complaining and nagging and don't love you very much. They keep ordering you around. "Don't do this, do that." But don't forget, it is sometimes not that easy for your parents to deal with the

situation, either. Try to remember how many nice things your parents do for you too. Such as drive you to sports, play with you, read you a story in the evening, and probably lots more. The following are a few ideas that can help you in difficult situations.



Tips to help you love each other again

- Write down a list or draw your favourite aspects of mum/dad: Write down five things that your parents do really well or that make you love them very much. Hide the list and look at it when you are having trouble.
- Capture the happy times: Pin up a photo in which everyone looks happy together.
- "I love you": Saying something nice to other people every now and then feels great for both you and them!
- Say it in a letter: If you can't say something in words, write it down in a letter or draw it.
- Give nice little surprises: Surprise your parents with a nice gesture, such as tidying your room.
- I'll help you: Offer help with everyday things without being asked, such as doing the washing up or vacuuming.
- Parents are only human: They are also allowed to have a bad day or simply not be in a good mood sometimes.



Your dear brothers and sisters

Do you sometimes wish your brother or sister lived somewhere else? Don't worry: It is completely normal for brothers and sisters not to love each other all the time. But when you live together it is important for you to get along. If only because it is annoying for you to constantly be in a bad mood at home.

It is worth thinking about the following questions:

- What do you think your brothers and sisters like about you? Can you show your best side a little more often?
- Let's be honest: What kind of things do you do that really annoy your brother or sister? Could you perhaps stop doing these things?
- Could you maybe sometimes just stay out of the way of your siblings, especially when they are annoying you?
- What are the things you fight about the most? Can you avoid these situations?
- What do you like about your brothers and sisters?

SCHOOL AND HOMEWORK

Not many children enjoy going to school every day. School is often even less popular for children with ADHD. Since they find it harder to sit still, pay attention for long periods of time or concentrate, they often have a lot of problems at school. Do you get the feeling that you are worse than the others at school, that your marks are poorer and you get into more trouble? One of the most important things you can do to trick your ADHD is to prepare well for school.



Tips for preparation

- Pack your school bag the day before, so you are ready to go in the morning.
- Have envelopes in different colours for each subject, so you can see straight away what belongs together and what you need to take with you and when.
- Put all the materials for one subject in their own folder: everything to do with a particular subject (books, notebooks, etc.) should be kept together in one folder, so you have everything at hand.
- Only put school supplies in your school bag: That way everything is easier to find, and the bag doesn't get as heavy either.
- Keep a homework notebook, so you always know what homework you have to do.

Also ask your parents for help if you think you cannot do it alone.



Tips for school

There are also little tips for your time at school that can help you keep up with the others. Even if you prefer sitting at a table with a classmate: You know that this will cause a lot of distractions. It would be better to choose a seat at a single table. You can meet up with your friends during the break or after school.

Only the materials that you need should be on your school desk, just like at your study area at home. Everything else belongs in your school bag.



Tips for dealing with teachers

Have you ever noticed that subjects with nice teachers are more effective for you than subjects where you don't like the teacher? This is not the only reason why it is important to get along well with your teachers. If you have a good relationship with the teacher, many things in school can be easier for you.

An important question is whether the teacher knows about your ADHD. Only when he or she knows that some tasks are more difficult for you than for others, they can understand and support you.

Let your teacher help you

Once your teacher is informed, you can agree on things with them that can help you. For example, you could make the following suggestions:

- Agree on secret signals: Your teacher could give you a hint without the whole class

noticing it every time, for example when you should be quiet or when you are not paying attention.

- Take on extra tasks: If you find it difficult to sit still all the time, ask your teacher if you can take on small duties that allow you to get up now and again, e.g. to wipe down the board when it gets full.

Teachers are only humans, too

If things do not go as well as you expected, think about the following points:

- Being busy: Your teacher not only has to take care of you, but also your classmates. So they may not always be able to pay you as much attention as you might want.
- It is impossible to like everyone: Sometimes people like each other, sometimes not so much. But still, you should also show those teachers whom you don't like that you are making an effort.



Contact person at school

- Teachers also have to behave: If the teacher is unfair or makes fun of your ADHD, you don't have to put up with it. Contact an adult who can help you if something like this happens.
- Teachers are only human: They might also be in a bad mood and make mistakes, just like you.

Don't panic – you can do it!

If you have the feeling that you are having a lot of difficulties in certain areas due to your ADHD, there is no reason to give up and say: "I can't do that!". On the contrary, those are times when you should try to outsmart your ADHD with special tricks and show what you can really do. Help from your parents is important in many aspects. Your teachers and maybe also other specialists are good to talk to, but the older you get, the more you can manage yourself.

Besides your parents and your class teacher, there are other people who can help you. As a general rule, it is good to talk to someone you trust and whom you like opening up to. This could be a guidance counsellor, tutor or social worker, for example. School counsellors are elected by the students. They are teachers whom the children get along with very well and whom they trust. You can go to the school counsellor or social worker with any problems that are troubling you, whether it is your marks, classmates, a teacher or perhaps problems at home. Schools also have a school psychologist. Going to a psychologist does not mean you are "crazy" or have a serious issue. A school psychologist really understands the problems that you might have at school and can help solve them.



Tips for homework time

- Write your homework down in your daily plan: That way it becomes routine.
- Prepare your homework notebook in advance: That way you only have to write in the new information at school.
- Get the teacher to sign your homework notebook: This way you will get the better of your “lazy side”.
- Keep your desk tidy: Chaos on your desk also creates chaos in your head!
- Always keep things in the same spots on your desk: Everything you need should have its place.
- No unnecessary stuff: Only put the things on your desk that you really need.
- Keep a cool head: Not every nasty remark that people make in stressful situations is really meant that way. This applies for both you and your parents.

SPORTS



Exercise helps many children with ADHD to better control their condition. You probably enjoy doing sports or playing in your free time. That's why we've compiled some suggestions for you about things you can do. These activities will help you have fun, make new friends, and find and develop your strengths.



Are you a lone fighter...

Of course, everyone is different when it comes to choosing their favourite sports. Ultimately, the proof of the pudding is in the eating, so just take a look and see which sport might discover for yourself.

Martial arts

These are right for you if you like action and physical contact. In pairs you try out techniques you have learned, such as performing quick movements to make your partner to lose their balance. A word of caution! Do not confuse this with beating someone up: In judo, for example, strict rules apply and the people paired off are partners, not opponents. It's all about getting to know your own body better and learning to control yourself skillfully.

Jogging

Jogging is much more than just running. Exercising in the fresh air clears your mind. If you want, you can really let off steam. And the best thing about it: You don't need much more than your own legs to start. Maybe your parents go jogging too? Then jogging can even become a nice shared experience.

Swimming

Is water your element? If you enjoy water and swimming, you could also do this as a regular sport. You can swim in a club or swim laps alone, whatever you prefer.

Riding/vaulting

Riding or vaulting could be something for you if you like animals. Riding is about learning to control the horse using different techniques. Vaulting involves practicing gymnastics on a horse's back. Riding and vaulting also include taking care of the horse: It needs attention, feeding and grooming.

Relaxation methods

A relaxation course is not a sport, but is also a good way to "calm down". Autogenic training for children is a bit like taking a trip in a dream for 15-20 minutes: In a relaxed posture, you learn to gradually relax and imagine something beautiful. Relaxing hobbies such as fishing, or even kids' yoga, can also help you relax from time to time.



...or team player?

Group sports

Are you more of a team player? Playing sports together in a team can be a really great experience: You win together, you lose together, and the passion for sport bonds the team members together.

Some children or adolescents with ADHD especially like sports with a lot of dynamic, for example ball sports like handball, football, volleyball or hockey.

It is best to assess what sport you might like beforehand and then take a trial lesson to see if you really enjoy it and how you get along with teammates. Just ask at the clubs in your city about what offers are available.

TOYS AND GAMES



Board games are a good remedy against boredom. Whether you prefer classic board games, card games, games with lots of players or just a few, is up to you. The main thing is to have fun. Here are a few suggestions for games:

Jenga or wobbly tower

This game is all about skill: Who can keep their hands still and build the tallest tower?

Differix

In this card game you have to pay attention to the small differences and discover as many card pairs as possible.

Memory

Memory® is all about training your memory: Who can remember where the pairs of cards are hidden when you turn them over? You can also play memory by yourself!

Orchard game

The special thing about this game is that all the players play together and not against each other. The opponent in the game is a cheeky raven that gradually emerges as a puzzle. If you and your team mates cannot harvest all the fruit from the trees before the image of the raven has been assembled, the black bird wins.

Are you already thinking about what you want for Christmas or your birthday? How about the following ideas?

Hula hoop

Can you make the hoop spin? Or are you even so advanced that you can get it to travel up and down your body?

Dressing up

What do you want to be? Superhero, pirate or maybe a princess? There are some great costumes or make-up sets for many roles, which make dressing up even more exciting.

Toy building blocks

If you like building, these are just right for you. The wide range of topics and building options let your imagination run wild.

DIGITAL WORLD



Games and apps

Brain-teaser games

These test how fit your brain is in a variety of tasks.

Just ask ... the Mouse Quiz for the whole family

In this game, team mouse, team elephant and team duck play against each other to answer a lot of exciting questions.

Comic Life

With Comic Life you can create your own comic from your photos.

Garage Band

Compose your own music! You can assign different melodies to each of the instruments and then play them together. This creates your very own sound.

The Legend of Zelda – Ocarina of Time

The legendary fantasy adventure: accompany the boy Link and help him solve puzzles and get through exciting adventures. It is a journey through time with a lot of mystical music and great landscapes.

tiptoi®

The tiptoi® offerings range from books to games and radio plays to toys, no matter how old you are. With the tiptoi® - pen you can tap on the different pages, characters, and pictures, and hear stories, information and original sounds. Even if you actually don't really like doing things alone, you will definitely not get bored!

You may be one of those children who like to sit in front of the telly or play on the computer or on your PlayStation. And that has probably got you into trouble with your parents more than once because they think you spend too much time in front of the “goggle-box”. This may be because it is difficult for them to talk to you, and you don't notice anything around you. That is not to say that television and computer games are bad, but it depends on the right “dosage”. Playing some games can even teach you things. In the following, a few game and programme suggestions. But of course there are lots more.



Television programmes

The Shiny Show: a quiz programme for the very young,

presented by Dogsby the dog, Mukka the monkey and Tigs the tiger. Messy goes to Okido. If you want find out about a science idea and your parents don't know the answer, "Messy Goes to Okido" can help get your facts straight. There is always something to laugh about on the show. Messy also has a website. Check it out: <https://www.okido.com/> and its own CBeebies page.

Blue Peter, on the BBC

This is an entertaining magazine show. There are several presenters and some resident pets, plus interviews with celebrity guests, competitions, video reports on fascinating topics and a step-by-step craft project.

Horrible Histories, on CBBC and their YouTube channel.

This hit comedy show explores history in a way you don't see it at school, with songs and gory details.

Deadly 60, BBC 1

In this programme, Steve Backshall and his crew travel all over the world to find the 60 most deadly animals living on the planet.

Technobabble, BBC, CBBC

This show is all about the latest – and future! – technology, including games, apps and gadgets. The presenters are also vloggers. For example here is a video on the secret to making YouTube videos: <https://www.youtube.com/watch?v=xR7N7TsDE3E>

MORE TIPS ON HOW TO SPEND YOUR FREE TIME

Would you like to belong to a group and at the same time do something good and help others? That can be a really great feeling.



Group activities

Many clubs or associations have children's or youth groups you could join. Depending on where you live, the possibilities vary widely.

There are also other opportunities that may be of interest to you. Just ask at your school or in your community.

- **The Scouts:**
www.pfadfinder.de
- **Youth red cross:**
www.jugendrotkreuz.de
- **Vinspired:**
www.asj.de
- **St John's ambulance:**
www.johanniter.de/johanniter-unfall-hilfe/johanniter-jugend-miteinander-fuereinander
- **Fire Cadets:**
www.jugendfeuerwehr.de
- **German Life Saving Society (DLRG):** www.dlrg.de
- **The Conservation Volunteers:**
www.thw-jugend.de



Creative pastimes

Do you like painting or singing, or do you enjoy play acting? Then maybe a creative hobby could be something for you.

For almost every talent that you have, there is a suitable group where you can play and practice it.

More information is available from the municipalities, e.g. at the citizen's advice office at the town hall. Perhaps ask your parents whether they can help you find it.

Here are some tips:

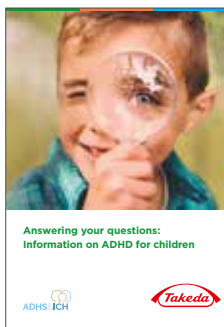
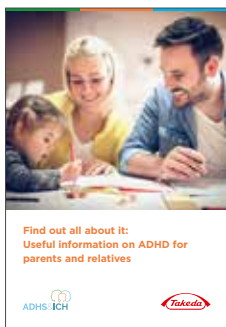
- If you like singing, look for a music school, a music teacher or a choir.
- If you like play acting, ask about a theatre group in your area.

- If you like painting or doing handicrafts, then painting courses or handicraft lessons could be fun.

We hope that this brochure has given you some tips that will make life with ADHD a little easier and help you have fun in your free time doing a variety of activities. We hope you enjoy trying things out!

Do you have any more questions?
Then just click on
www.takeda-adhs.de!

Our information brochures on ADHD



Further information can be found at:

www.takeda-adhs.de



or on Facebook/Instagram at

ADHS und Ich

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