

# IT IS IMPORTANT

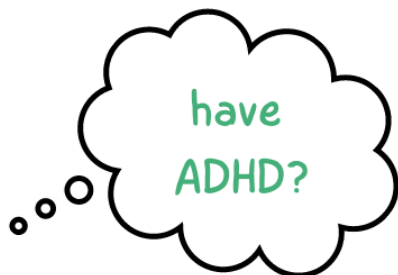
to realize that not all people who have symptoms of hyperactivity or inattention have ADHD.

## WHAT NOT TO DO

- Do not use punishment.
- Don't improvise or constantly change the rules.
- Do not individualize the problems and do not accuse.
- Don't look for guilt but rather look for solutions with the child.
- Saying "No" without thinking (excessive negative responses can be a stimulant for frustration and opposition).
- Do not underestimate the use of medications, as they can be a great help to control symptoms.

## DID YOU KNOW THAT?

Justin Timberlake  
Michael Jordan  
Jim Carrey  
Paris Hilton  
Will Smith



## WE ARE ALL INVOLVED

*All children matter and they really matter!*

*School is for each and every one.*

UNESCO



inc4edu@gmail.com



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## ADHD

**Hyperactivity Disorder  
and Attention Deficit**



*Knowing to understand*



## WHAT IS IT?



is a disorder of brain development characterized by:

- Three main symptoms:
1. Inattention
  2. Hyperactivity and
  3. Impulsivity.

The symptoms are maintained throughout life and already in adulthood manifests itself in the difficulty of day-to-day management, with impacts on personal and professional life.



## ATTENTION DEFICIT



Not paying attention to details.



Difficulties in maintaining attention in the performance of tasks.



To seem that he does not hear when he is spoken to directly.



Difficulty starting and finishing tasks.



Difficulty organizing tasks or activities.



Avoid tasks that involve sustained mental effort.



Losing objects frequently.



Easily distracted by other things.



Often forgetting appointments.



## HYPERACTIVITY / IMPULSIVITY



Restlessly wiggle feet/hands/fidget in the chair.



It gets up in situations where it is supposed to remain seated.



Feeling restless.



Difficulty in engaging with tranquility in leisure activities.



Always walking fast or as if you were "connected to electricity".



Talking too much.



Answer before the questions end.

Difficulty waiting for their turn.

Interrupts or interferes with the activities of others.



## CURIOSITIES

It is known that genetic factors are responsible for 70 to 80% of the risk of having ADHD. Parents and siblings of people with ADHD have five to ten times higher risk of developing ADHD than the rest of the population.



ADHD is more complex than people think.



Like icebergs, many problems that are related to ADHD are not seen.



ADHD can be mild, moderate or severe and probably coexists with other conditions and may be a disability for sufferers.

## CHILDREN WITH ADHD ARE ...

- children who suffer and who feel misunderstood.
- unable to win without help.
- "different" and often connoted as ill-mannered, bad-natured, evil.
- often rejected by peers and sometimes by teachers and the environment.
- They are the children of parents who also end up being "victims" of the misunderstanding of the environment.