

ADHD is a neurodevelopmental difference that effects attention, regulation and executive functioning. Every child presents differently.

What ADHD can be



- Forgetfulness / often late
- Misunderstood
- Innovative
- Poor working memory
- Low self-esteem
- Poor organisation and planning skills
- Sleep difficulties
- Inability to focus, even on things they enjoy
- Difficult with transitions / flexibility
- Retained primitive reflexes
- Creative problem solving
- High enthusiasm
- Resilient
- Limited concentration
- Always on the go
- Hyperactive
- Impulsivity
- Blurts things out
- Poor-time management
- Anxiety
- Sensory processing difficulties
- Messy
- (creative)
- Poor impulse control
- Executive functioning challenges, (planning, organisation, working memory)
- High energy
- Easily distracted / all or nothing attention
- Business leaders / owners
- Daydreaming
- Struggles with disorganised environments
- Emotional dysregulation
- Developmental delays (motor, speech, social)
- Big picture thinker
- Hyperfocus on interests
- Inattention
- Struggles with routines

What people think ADHD is

- Fidgety
- Loud
- Talks too much
- Interrupts
- Disruptive
- Unable to sit still
- Short temper
- Rude
- "Naughty"
- Restless
- Difficulty listening