

# Is Your Child Hyperactive? Inattentive? Impulsive? Distractable?: Helping the ADD/Hyperactive Child

Stephen W. Garber Phd, Marianne Daniels Garber, Robyn Freedman Spizman

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Is Your Child Hyperactive? Inattentive? Impulsive? Distractable?: Helping the ADD/Hyperactive Child Stephen W. Garber Phd, Marianne Daniels Garber, Robyn Freedman Spizman Evan, five years old, hardly stands, much less sits, still for more than a few moments. Jessie is eight -- she's adorable...she never finishes anything on time...she's a dreamer. Cal is fifteen -- he is so impulsive that his parents worry he'll try drugs on a whim.

What do these kids have in common? Do they remind you of your own children?

The most talked-about childhood syndrome of the eighties and nineties is ADHD (attention deficit hyperactivity disorder). This developmental disorder disrupts a child's life and often results in low self-esteem, poor grades and even social and emotional problems. These problems usually are not outgrown --without help. But does your child have ADHD?

# ADHD is characterized by the following groups of behaviors: Inattention -- making careless mistakes -- difficulty sustaining attention -- problems with listening -- failure to finish schoolwork or chores -- difficulties organizing -- trouble sustaining mental efforts -- losing things -- being easily distracted -- forgetfulness Hyperactivity/Impulsivity -- fidgeting/squirming

-- trouble staying seated

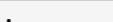
-- inappropriate running/climbing

- -- difficulty playing quietly
- -- being on the go/driven
- -- talking excessively
- -- blurting out answers
- -- difficulty awaiting turn
- -- often interrupting

All children display many of these behaviors at some point. But-according to the Diagnostic and Statistical Manual of the American Psychiatric Association, Fourth Edition, for a child to be diagnosed with ADHD, six or more of these symptoms of inattention and/or hyperactivity/impulsivity must have persisted for at least six months.

Is Your Child Hyperactive? Inattentive? Impulsive? Distractible? offers an invaluable step-by-step program already used by thousands of parents to help you change these behaviors at home. Don't just watch it happen; help your child help himself.

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