



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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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? Distractable? 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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