

Red Ladder Optimized Learning

Red Ladder Optimized Learning is a private practice psychology service. Fees for our services are covered by most extended health plans. As well, psychological fees may be deductible as a medical expense with Revenue Canada.

We will be glad to discuss this with you.

For more information or to contact us, visit our website at www.redladder.ca, phone us at (204) 88-LEARN (885.3276) or fax us at (204) 489.1748.



633-1445 Portage Avenue
Winnipeg, MB R3G 3P4

ph: 204.88.LEARN (885.3276)
fx: 204.489.1748
email: info@redladder.ca
website: www.redladder.ca

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(204) 88.LEARN or redladder.ca

ADHD AND CHILDREN

One step at a time.



ADHD AND CHILDREN

Children and teens with Attention Deficit/Hyperactivity Disorder (ADHD) have a longstanding history of impulsivity, hyperactivity, or difficulty sustaining attention and concentration. There are three main types of ADHD. These are Predominantly Hyperactive/Impulsive Type, Predominantly Inattentive Type (formerly called ADD), and Combined Type. Children and teens with Combined Type ADHD show a mixture of inattention, hyperactivity and impulsivity.

Children with ADHD frequently have sleep difficulties, and sleep deprivation worsens the hyperactivity and impulsivity. ADHD is associated with social problems, sometimes as a result of social skills deficits, and ADHD can cause or worsen family problems. Children and teens with ADHD may underachieve relative to their apparent academic potential, and may have difficulties in any or all academic areas. With ADHD also comes an increased risk of developing a stress disorder, depression, anxiety, or other emotional problems, such as oppositional defiant disorder (ODD) and conduct disorder (CD).

ADHD Predominantly Hyperactive/Impulsive Type

People with ADHD, Predominantly Hyperactive/Impulsive Type likely appear as if they are always on the go. It may be difficult for a person with this form of ADHD to sit quietly and await their turn, and their hands or feet may be constantly in motion. They may interrupt others and blurt out answers to questions before the question is completely posed.

ADHD, Predominantly Inattentive Type

Those affected by ADHD, Predominantly Inattentive Type often overlook details, appear not to be listening, have difficulty following through on instructions, and staying organized. At school, a child may daydream while the teacher is talking, may gaze around the classroom when it is time to work, or have a very messy desk with papers, pens and pencils, and other objects in a pile.

Assessment of ADHD

The assessment of ADHD includes collection of information from multiple sources. An interview with the child or teen, and with parents is central to evaluation, and various background, rating, and self-report measures may be used. Parents and teachers may be asked to complete a number of questionnaires. Also, because ADHD is often accompanied by other learning difficulties, assessment of a child's learning style is often useful. In-depth evaluation of cognitive abilities, academic achieve-

ment, executive functioning, memory, and emotional well-being may shed light on learning difficulties and may alert the psychologist to the best strategies for addressing difficulties.

Intervention for ADHD

Depending on the individual's specific learning profile, a number of intervention strategies are available to children with ADHD. Treatment options include stimulant medications, academic tutoring, social skills training and family therapy. These interventions may be available through family doctors and pediatricians, private tutoring services, and group and individual therapy sessions.

Want to know more?

If you would like to know more about ADHD and children, feel free to call Red Ladder Optimized Learning, or speak to your child's resource teacher, guidance counsellor or with your doctor.

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