

Does My Child Have ADHD? Types, Symptoms, and Treatment



Topic	Details	Key Information
Understanding ADHD	ADHD (Attention-Deficit/Hyperactivity Disorder) is a neurodevelopmental condition that affects focus, impulses, and energy regulation. It is not caused by laziness or poor parenting, but rather differences in brain chemistry and maturity.	Approximately 11.7% (7 million) of U.S. children aged 3–17 have an ADHD diagnosis according to the CDC (2024).
Causes	Research highlights the role of dopamine regulation. Dopamine transporters in children with ADHD remove dopamine faster, resulting in lower availability and impacting motivation, focus, and impulse control. The prefrontal cortex shows slower maturation or a smaller size.	Brain differences explain behaviors; ADHD is not a choice but a neurological condition.
Types of ADHD	The DSM-5-TR identifies three types of ADHD: 1. Predominantly Inattentive 2. Predominantly Hyperactive-Impulsive 3. Combined Presentation	Combined Presentation is the most common form, blending inattentive and hyperactive-impulsive symptoms.
Symptoms	Symptoms appear before age 12 and must present in at least two settings. Indicators include difficulty focusing, forgetfulness, constant physical movement, and impulsivity.	78% of children with ADHD also have co-occurring conditions, such as anxiety, learning disabilities, or behavioral issues.
Treatment Approaches	Effective management involves a combination of medication, behavioral therapy, and lifestyle adjustments.	Stimulant medications benefit 70-80% of children; behavioral therapy provides practical strategies.

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	School accommodations and parental training also play key roles.	The combination of medical and behavioral interventions yields the best results.
Importance of Early Evaluation	Early evaluation helps secure appropriate interventions that can improve academic, social, and emotional outcomes, setting the child up for long-term success.	Consulting a healthcare specialist is essential if ADHD symptoms are suspected.