How to Help a Hyperactive Child by Harry Yadav

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â€œYou are not paying attentionâ€•. Donâ€™t you remember where you kept your lunch box? You must h heard parents talking to their children in this manner. You must be wondering why they behave in that manner, itâ€™s because they have ADHD which a medical condition called Attention Deficit Hyperactivity Disorder. Toddlers who have ADHD are not considered bad or lazy but have a problem in paying attention or sitting in one place. Such children act impulsively doing things without thinking about it. Sometimes this habit puts them in a big problem like they can hurt themselves and they change their friends a lot. Toddlers are the active group; they have lots of energy to burn so they canâ€™t sit in one place for long periods. It has been found that about 9% of kids suffer from ADHD; which means that out of 100 kids, 9 may suffer from ADHD.

Kids who have ADHD start having problem in preschool and this is mostly suffered by boys than girls. In fact boys suffer from ADHD three times more than girls but nobody knows the main reason there is no medical evidence suggesting it. It is also true that kids, who already have someone in the family with ADHD, are more likely to develop ADHD. The main source of ADHD, according to some scientists and doctors is that it probably has to do with differences in the way people's brains work. ADHD is not contagious and you cannot catch it from someone like the flu. Signs of Hyperactive behavior are:

A. Fidgeting and restlessness, almost constantly

B. Not sitting in the same seat for any length of time

C. Running or climbing inappropriately

D. Talking too much

E. Always playing too loudly

F. Always "on the go"

G. Blurting out answers to questions in school

H. Cutting in line or unable to wait for a turn in activities

I. Interrupting others

When you suspect that your child has ADHD, you should immediately consult a doctor who might afterwards refer the child to the specialist like a psychologist, psychiatrist, or neurologist. The Doctor also checks the other illness similar to ADHD but need different kinds of treatment. Once the doctor confirms that the child is suffering from ADHD, then the doctors, parents and teachers work together to find out the best way to help the child. Kids have to take medicine once before school but in some cases they have to go to the nurse in the middle of the school day for medicine. Kids also need something which is more than just medicine like they require cooperation in learning how to change the way they act. They can also learn this by using relaxation therapy or behavioral therapy.

In relaxation therapy, the children are asked to relax and stay calm by doing deep-breathing exercises and relaxing different muscle groups by their counselors. In behavioral therapy, kids are taught to set goals for themselves and use rewards to help them reach those goals. For a quick

recovery, it is not only important to follow the treatment plan from the doctor but also to bring about strict disciplinary measures in the childâ€™s behaviour.

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