

OSEZUSI BOLODEOKU

ADHD

At a glance





Attention deficit hyperactivity disorder (ADHD) is a mental disorder of the neurodevelopment type. It is characterized by problems paying attention, excessive activity. In children, problems paying attention may result in poor school performance. Although it causes impairment, particularly in modern society, many children with ADHD have a good attention span for tasks they find interesting.

Children with ADHD may be hyperactive and unable control their impulses.

It's more common in boys than in girls. It's usually discovered during the early school years, when a child begins to have problems paying attention.



SYMPTOMS IN CHILDREN

Symptoms are grouped into three categories:

Inattention

1. Is easily distracted
2. Doesn't follow directions or finish tasks
3. Doesn't appear to be listening
4. Doesn't pay attention and makes careless mistakes
5. Forgets about daily activities
6. Has problems organizing daily tasks
7. Doesn't like to do things that require sitting still
8. Often loses things
9. Tends to daydream

Hyperactivity

1. Often squirms, fidgets, or bounces when sitting
2. Doesn't stay seated
3. Has trouble playing quietly
4. Is always moving, such as running or climbing on things (In teens and adults, this is more commonly described as restlessness.)
5. Talks excessively
6. Is always "on the go" as if "driven by a motor"

Impulsivity

1. Has trouble waiting for his or her turn
2. Blurts out answers
3. Interrupts others





FOODS TO AVOID

Certain foods can either help or worsen symptoms of ADHD. In coping with the disorder, it's important to pay attention to whether specific foods alleviate a child's symptoms.

Nutrients such as proteins, fatty acids, calcium, magnesium, and vitamin B help to properly nourish the body and brain and may diminish symptoms of ADHD.

Certain foods and food additives have been thought to exacerbate ADHD symptoms in some children. For instance, foods laden with sugar and fat may be important to avoid.

Certain additives, such as sodium benzoate (a preservative), MSG, and red and yellow dyes, which are used to enhance the flavor, taste, and appearance of foods, may also aggravate symptoms of ADHD.

Some of the common foods that can cause ADHD reactions include milk, chocolate, soy, wheat, eggs, beans, corn, tomatoes, grapes and oranges. If you suspect a food sensitivity may be contributing to your child's trigger symptoms, please take note of this food, discuss with your SENCO and dietitian to replace with an alternative.

Please note that eating fish and other seafood with trace amounts of mercury can exacerbate ADHD symptoms in the long term. Some of the worst culprits are shark, king mackerel, swordfish, and tilefish. Mercury, like cellulose, is extremely hard to digest and can accumulate in the brain over time which can lead to hyperactivity.

Food treated with organophosphates for insect control have been shown to cause neurologic-based behavioral problems that mimic ADHD and many other behavior problems.



OTHER TRIGGERS TO LOOK OUT FOR

- Sights and sounds could overwhelm a child which may trigger ADHD symptoms. Thus by allowing adequate personal space is important for preventing outbursts, so avoiding crowded places, busy supermarkets, and high-traffic malls may help diminish troublesome ADHD symptom.
- Constant electronic stimulation from IPad, computers, cell phones, television, the Internet may also aggravate symptoms. Research shows that flashing images and excessive noise do not cause ADHD, however, if a child is having a hard time focusing, a glaring screen will further affect their concentration.
- A child is also much more likely to release pent-up energy and practice social skills by playing outside than by sitting for long stretches in front of a screen. Make a point to monitor screen time.



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- The American Academy of Pediatrics recommends that infants and children under two years of age never watch television or use other entertainment media. Children over two years old should be limited to two hours of high quality entertainment media.

Truth is avoiding things that trigger ADHD symptoms may mean making many changes in your child's routine. Sticking to these lifestyle changes at this early stage will help us manage any symptoms your child may have.

Hi, my name is Zusi Bolodeoku, a
SESCO and founder of Fos Creative
Arts Studio. I would love to hear from
you and connect with you. Just tap on
my cutesy face and let the magic
begin...lol



