

Attention Deficit Hyperactivity Disorder (ADHD)

Brief Description:

ADHD is a biological condition that makes it hard for children to sit still and/or concentrate. The three types of ADHD include: Predominantly Hyperactive-Impulsive Presentation, Predominantly Inattentive Presentation and Combined Presentation.

How It Feels:

ADD/ADHD Simulator

<https://youtu.be/xfo1tZ95Ypk>

Here is a simulation of what it feels like to have ADD with and without hyperactivity:

<http://www.pbs.org/wgbh/misunderstoodminds/experiences/attexp2b.html>

Helpful Links:

- **Children and Adults with Attention Deficit/Hyperactivity Disorder (CHADD)**, is a national non-profit, tax-exempt [Section 501(c)(3)] organization providing education, advocacy and support for individuals with ADHD. CHADD also publishes a variety of printed materials to keep members and professionals current on research advances, medications and treatments affecting individuals with ADHD. The local chapter of CHADD can be found at:

www.adhdkc.org

- **ADDitude's** provides expert guidance and support for living better with ADHD and its related mental health conditions.

www.additudemag.com

- **The Attention Deficit Disorder Association** provides information, resources and networking opportunities to help adults with Attention Deficit Hyperactivity Disorder lead better lives. They provide hope, empowerment and connections worldwide by bringing together science and the human experience for both adults with ADHD and professionals who serve them.

<http://www.add.org>

- **Learning Disabilities Online** is a service of The Learning Project at WETA, Washington, D.C., in association with The Coordinated Campaign for Learning Disabilities which is committed to advancing the education and general welfare of children and adults with disabilities.

<http://www.ldonline.org/>

- **Kulsara** is a K-12 educational portal containing a huge database of subject questions, exciting contests, educational videos and games, a lively discussion board and much more.

<http://kulsara.com/forum/index.php?action=welcome>

- **Memo to Me** is a free service that allows you to get daily, weekly, and the list goes on reminders to one's email and I believe phone to target an assignment, activity, and the like.

<http://www.memotome.com>

Resources Available At Our Center:

Sensory Break Dice

Instructional Practices That Maximize Student Achievement

Readers Theater

Guided Science Readers

CARS and STARS

Support Groups:

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www.CHADD.org

- **Empowering Parents-Helping Parents of Young Children with ADHD** is the place to read blog posts from experts and from Empowering Parents' team of

dedicated Parent Bloggers, who write about their own experiences raising their children. Comment, ask questions, and share advice.

<http://www.empoweringparents.com/ADHD-Young-Children.php>