ADHD is a common behavioural disorder that affects about 10% of school-age children. Boys are about three times more likely than girls to be diagnosed with it, though it's not yet understood why. Kids with ADHD act without thinking, are hyperactive, and have trouble focusing. They may understand what's expected of them but have trouble following through because they can't sit still, pay attention, or focus on details.

Of course, all kids (especially younger ones) act this way at times, particularly when they're anxious or excited. But the difference with ADHD is that symptoms are present over a longer period of time and happen in different settings. They hurt a child's ability to function socially, academically, and at home.

Symptoms
ADHD used to be known as attention deficit disorder, or ADD. In 1994, it was renamed ADHD and broken down into three subtypes, each with its own pattern of behaviours:

1. The inattentive type, with signs that include:
   - trouble paying attention to details or a tendency to make careless errors in schoolwork or other activities
   - difficulty staying focused on tasks or play activities
   - apparent listening problems
   - difficulty following instructions
   - problems with organization
   - avoidance or dislike of tasks that require mental effort
   - tendency to lose things like toys, notebooks, or homework
   - distractibility
   - forgetfulness in daily activities

2. The hyperactive-impulsive type, with signs that include:
   - fidgeting or squirming
   - difficulty remaining seated
   - excessive running or climbing
   - difficulty playing quietly
   - always seeming to be "on the go"
   - excessive talking
   - blurting out answers before hearing the full question
   - difficulty waiting for a turn or in line
   - problems with interrupting or intruding

3. The combined type, a combination of the other two type, is the most common

Although it can be challenging to raise kids with ADHD, it's important to remember they aren't "bad," "acting out," or being difficult on purpose. And they can have difficulty controlling their behaviour without medicine or behavioural therapy.

Sourced from Kidshealth.org