



# Let's Talk

## Attention Deficit/ Hyperactivity Disorder (ADHD)

“It would take Sofia 4 or 5 times to do what we asked. Even simple things like “Go put on your shoes.” We weren’t sure what to do when we got a note from her teacher. She said that Sofia wasn’t listening in class either. So, we took her to the doctor for testing. One of the things he recommended was that we take Sofia to a speech-language pathologist.”

—Andria

### What Does ADHD Mean?

Attention deficit/hyperactivity disorder, or ADHD, makes it hard for your child to pay attention. Your child with ADHD may have a hard time:

- Listening
- Following directions
- Getting started on a task
- Finishing what she started

Your doctor may have prescribed medicine for your child. This medicine will help her pay attention. If she is still having trouble, there is help available.

### How Can a Speech-Language Pathologist Help?

Speech-language pathologists, or SLPs, work with children who have listening and attention problems. SLPs also can help if your child has speech or language problems. Your child’s SLP will find out what your child does well and what causes him trouble.

### What Happens During an Evaluation?

The SLP will test your child’s listening, or receptive language skills. The SLP will want to see how your child:

- Follows directions

#### Fast facts

- ADHD makes it hard for your child to pay attention.
- Your child may have trouble following directions or listening at home and in school.
- Speech-language pathologists, or SLPs, can help.



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- Understands stories read to him
- Matches pictures to words and stories
- Remembers numbers and information in order
- Listens for information

The SLP will also test to see how well your child uses words, has conversations, and says sounds and words. The SLP may check your child's reading and writing skills.

The SLP will see how well your child listens and talks in the classroom, at home, and on the playground. This information will help the SLP make suggestions about how to help your child.

### How Can Treatment Help?

Your child's SLP will let the teacher know how to help your child in the classroom. There are things the teacher can do to help your child listen better in school. Your child's teacher can:

- Use your child's name before giving directions
- Be sure he is paying attention before giving directions
- Give shorter directions
- Have your child sit in the front of the classroom
- Give your child a notebook to write down assignments

Sometimes your child might need more help. He might work with the SLP on specific skills. He might also need special education services. Sometimes the SLP will suggest that your child see other professionals.

### How Can I Help My Child at Home?

Here are some tips for helping your child:

- Make sure that your child is listening before giving important directions.
- Give short, simple directions.
- Read a lot of books with your child.
- Ask a lot of questions. Make sure that you don't get just a yes or no answer.



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For additional information and services, try the following websites:

**Children and Adults with Attention Deficit/Hyperactivity Disorder**

[www.chadd.org](http://www.chadd.org)

**American Academy of Child & Adolescent Psychiatry**

[www.aacap.org](http://www.aacap.org)

**National Institute of Mental Health**

[www.nimh.nih.gov](http://www.nimh.nih.gov)

**American Psychiatric Association**

[www.psych.org](http://www.psych.org)

“ The SLP worked with Sofia on ways that we could get her to listen. It’s been so much easier to get her to follow directions! Not only does she tell us what she wants for dinner, she can even help us cook. The doctor had also prescribed medication which has helped, but we all needed to know the best ways to talk with her. I’m so glad that we saw the SLP!”

—Andria

## ADHD can change your child’s life. Help is available.

To learn more about speech and language development or disorders or to find an SLP near you who has been certified by the American Speech-Language-Hearing Association (ASHA), visit [www.asha.org](http://www.asha.org) or call 800-638-8255 or (TTY) 301-296-5650.

My SLP’s name is

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Appointment

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and

**Speech Therapy Associates**

**(503) 646-0837**

**[www.speechtherapyusa.com](http://www.speechtherapyusa.com)**