

TREATMENT OPTIONS

ADHD can be treated with or without medication but a combination of both is often the best.

Information
about ADHD

Medications

Parent
Training

Occupational
therapy

Organisational
skills training

Cognitive
behavioural
therapy



Where to get help?

If you have concerns that your child has ADHD, seek medical attention from your doctor.

For further information, refer to the Clinical Practice Guidelines Management of Attention-Deficit/Hyperactivity Disorder in Children & Adolescents (Second Edition) available on the following websites:

Ministry of Health Malaysia:
www.moh.gov.my

Academy of Medicine Malaysia:
www.acadmed.org.my

Malaysian Psychiatric Association:
www.psychiatry-malaysia.org

Management of
Attention-Deficit/Hyperactivity Disorder
in Children & Adolescents
(Second Edition)



**LIVING WITH
ADHD**

Attention-Deficit/
Hyperactivity Disorder



Ministry of Health
Malaysia



Malaysian Psychiatric
Association



Malaysian Child and
Adolescent Psychiatric
Association



Academy of
Medicine Malaysia



What is ADHD?

A neurodevelopmental disorder in childhood which:

- has a persistent pattern of inattentiveness and/or hyperactivity and impulsivity
- appears in childhood and often lasts into adulthood
- impacts learning and relationships with family and friends



Person with ADHD often has:

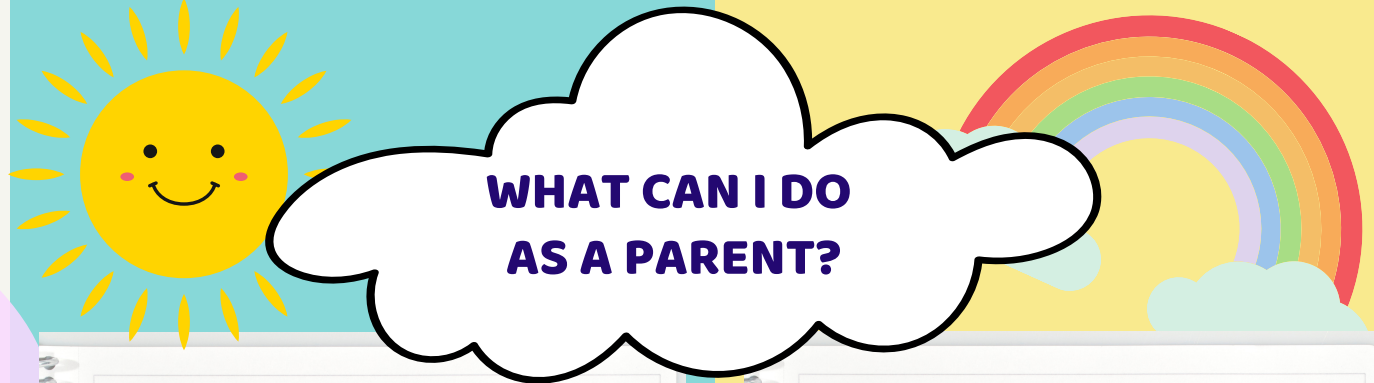
Inattention

- difficulty to focus during play and learning
- easily distracted
- often forgetful and loses belongings
- struggles to complete homework

Hyperactivity and impulsivity

- inability to sit still where required
- fidgety
- interrupts conversation
- unable to wait for his/her turn
- talks excessively

Any child or adolescent with academic difficulties, behavioural problems, mood disturbances or substance use should be evaluated for ADHD.



WHAT CAN I DO AS A PARENT?

- Remain calm and be patient; model the behaviour you would like to see in your child
- Have a clear routine for daily activities; post lists and reminders in places easily seen
- Provide written and verbal instructions
- Use visual cues
- Provide frequent constructive feedback. Look for your child's strengths, praise regularly and reward when appropriate. Avoid using negative words.
- Spend one-to-one time with your child (doing fun activities)

- Give one instruction at a time and monitor your child's response
- Ensure regular mealtimes, physical activity and sleep for your child and yourself
- Provide distraction-free space during homework/study time
- Divide tasks to smaller doable portions with short breaks in between
- Help the child be mindful of deadlines
- Work closely with school and class teacher to extend support

