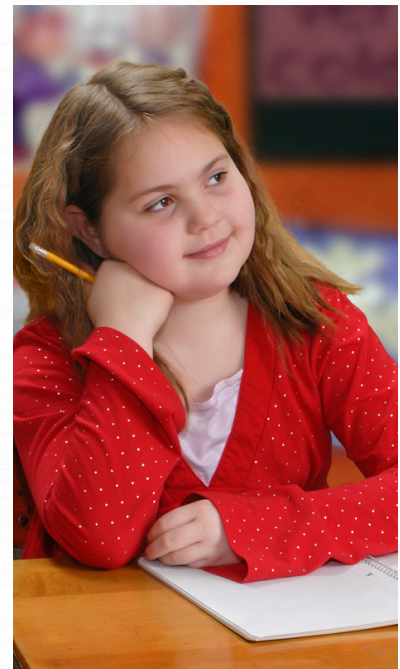


# Recognizing ADHD in Young Girls

## Understanding ADHD in Girls

ADHD (Attention-Deficit/Hyperactivity Disorder) presents differently in everyone, and girls often exhibit less overt symptoms, making it harder to recognize. Unlike the more noticeable hyperactivity often seen in boys, girls with ADHD may appear shy, withdrawn, or daydreaming. Here are key signs to look out for:

- **Inattentiveness:** Not paying attention during lessons, seeming to "zone out" frequently, or failing to complete tasks. Some girls may show only inattentive symptoms.
- **Hyperactivity:** Being overly energetic, difficulty staying seated, or excessively talking.
- **Impulsivity:** Interrupting conversations, blurting out answers, or having difficulty waiting for their turn.



## Spotting Subtle Signs

- ✓ **Emotional Sensitivity:** Easily upset or overwhelmed by small changes.

**Social Challenges:** Difficulty maintaining friendships or interpreting social cues.

- ✓ **Executive Dysfunction:** Problems with organization, following multi-step instructions, or losing personal items.
- ✓ **Immaturity:** Consider whether the girl is young compared to her classmates and seems immature for that reason. But also realize that children with ADHD often act 2-3 years younger than their age

## What Teachers Can Do:

- **Observe Consistently:** Keep track of behaviors and any changes over time. ADHD signs may become more apparent after the initial novelty of a new school year wears off.
- **Record Specific Instances:** Note the instances and contexts where challenges occur, which can be helpful during discussions with parents or specialists.



## Effective Communication with Parents

- **Approach Positively:** Start conversations by highlighting strengths before discussing areas of concern. Use specific examples to illustrate your observations without diagnosing.
- **Collaborate:** Treat parents as partners. They know their child best. Share observations and seek their input on any concerns.
- **Suggest Further Evaluation:** Recommend that parents consult with their child’s pediatrician or a specialist to explore possible ADHD or other contributing factors.

## Support Strategies in the Classroom

- **Adapt Teaching Methods:** Use visual aids, repeat instructions, and break tasks into smaller, manageable steps.
- **Create a Supportive Environment:** Allow for movement breaks and provide a quiet space for work when needed.
- **Utilize Technology and Tools:** Consider apps or notebooks for ongoing communication with parents about their child’s day-to-day progress and challenges.




## Building a Supportive Network

- **Work with Special Educators:** Collaborate with school psychologists or special education teachers who have training in ADHD and other neurodevelopmental disorders.
- **Continuous Learning:** Seek professional development opportunities on ADHD and inclusive education practices to better support all students.

**You can make a difference.** Early intervention with identification, followed by diagnosis and treatment, will give girls with ADHD a fair start in life.

## CONTACT US FOR MORE INFORMATION

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