ADHD Student Pledge

Definition

- Attention Deficit Hyperactivity Disorder (ADHD) means you have trouble paying attention
- Studying is harder for you than it is for other people your age
- ADHD can make learning in school extra hard

Health Information

Cause

- It's not your fault. Your brain has a different way of thinking.
- ADHD is something you're born with. In fact, it commonly runs in families.
- But there are things you can do to make it better.

Care Advice

1. Good Learning Habits at School:

- Here are some learning tips that have helped other young people with ADHD:
- Look at your teachers when they are talking to the class.
- Listen carefully to what your teacher is saying.
- Do what your teacher tells you to do.
- Try to finish your classwork on time.
- Start your homework soon after you get home from school.

2. Good Health Habits to Increase Your Attention Span:

• Get enough sleep so you wake up in the morning well rested. If not, go to bed earlier. Reason: the brain doesn't work as well if it is tired. Self-control also decreases.

• Always eat a good breakfast. Reason: It's hard to concentrate when you are hungry later in the morning.

• Talk to a grownup about anything that is bothering you. Reason: It's hard to study when there are worries on your mind.

3. ADHD Medicines:

- There are medicines that can help you focus.
- But they are only part of the answer. They cannot cure you of ADHD.
- Your brain is more powerful than any medicine.
- Always try to find new ways of learning that work for you.

4. ADHD Student Pledge:

- I promise to work on building these Good Learning Habits into my life
- Student's Signature:
- I promise to help you reach your goals
- Doctor's Signature:

Call Your Doctor If

• You have other questions or concerns

Pediatric Care Advice

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