

ADHD Awareness Month

October 2026

An awareness guide for parents to understand ADHD and support children with ADHD.

What is ADHD?

Attention Deficit Hyperactivity Disorder (ADHD) is a neurodevelopmental condition that affects attention, activity levels and impulse control. Children may struggle to focus, organise tasks, sit still or pause before acting. Every child is different. ADHD is not a sign of laziness or poor parenting.



Types of ADHD



Predominantly inattentive

Easily distracted; may forget things, lose belongings or struggle to follow instructions and finish tasks.



Predominantly hyperactive-impulsive

May fidget, feel restless, interrupt, talk frequently or find waiting difficult.



Combined

A combination of inattentive and hyperactive-impulsive symptoms.

When should I seek support?

- Difficulties persist and are greater than expected for your child's age.
- Learning, friendships or daily routines are affected.
- Concerns are noticed at home and at school.
- Quiet, distracted children may also need support.
- Speak to your child's teacher and a paediatrician or ADHD specialist.



These signs alone do not confirm ADHD. Support can begin while an assessment is arranged.



How to support a child with ADHD



Keep routines predictable

Use a daily schedule or visual checklist.



Give clear instructions

One step at a time, in a calm voice.



Break tasks into small steps

Include short movement breaks.



Reduce distractions

Offer a quiet, organised workspace.



Praise effort and progress

Notice small successes and use achievable rewards.



Make time to recharge

Encourage regular sleep and physical activity.



Work together

Share helpful strategies with teachers. Ask a healthcare professional about parent training and suitable treatment options.