



Instructions on picture cards for communication

Each card has two functions that help communicate with the child:

One side shows your expectation or encouraging words for him/her.

The other side is your emotion or state.

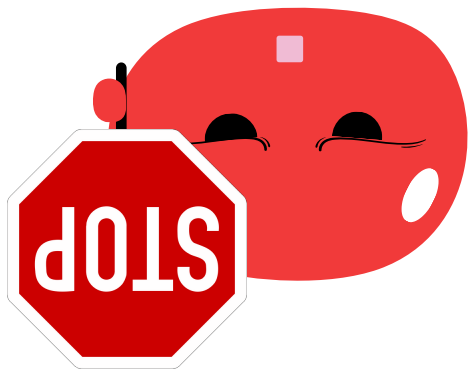
If you intend to use one side of the card, cover the other side so as to not cause confusion.

Use the cards according to the context of the situation. It will help you communicate more effectively with the child!



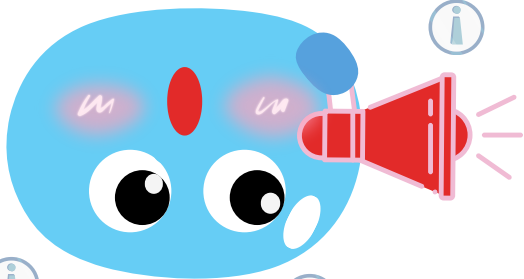
He/She didn't do it on purpose. But I am still very angry.

I am very angry.



Please stop.

I am a bit worried.



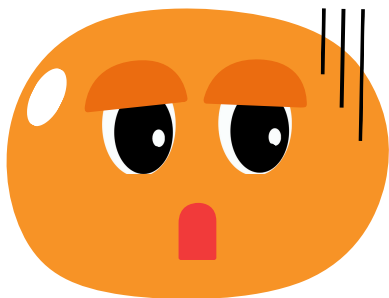
Please pay
attention to me.

I feel very happy.



You did a great job.

I am a bit tired.



Please slow down.

I feel very sad.




Please give
me a hug.



Common myths about attention deficit and hyperkinetic disorders, or ADHD.

Q1. Do all hyperactive children have ADHD?




A: Children with attention deficit and hyperkinetic disorders or ADHD often display symptoms such as inattentiveness, trouble with self-control, impulsiveness, and ungregarious behavior; some may even be unable to follow rules and instructions. If the child is merely hyperactive, he or she will still be able to follow and complete orders. If the child displays symptoms of ADHD, we recommend going to a professional for proper diagnosis and treatment to assist the child early on in life.

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Q2. How is it possible for my child to have ADHD when they can be fully absorbed in their smartphones?



A: Auditory and visual effects of television and video games are considered passive stimuli. The child can keep the focus on television programs and video games because, the child selects to pay attention to the stimulating task on hand. However, children with ADHD are easily distracted when it comes to a task that requires active attention, takes time to reap a reward, or has less stimulus. An activity such as reading is a good case in point.



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Q3. Without treatment, can children outgrow ADHD when they become adults?

A: After starting puberty, 60-70% of children with ADHD will continue to show ADHD symptoms. The impacts of ADHD for some people may continue to affect them well into adulthood. In addition, a person with ADHD may experience other comorbidities such as depression, anxiety, or learning disabilities. Receiving professional help and treatment early on in life greatly reduces the possibility of comorbidities.

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Q4. Is ADHD a result of bad parenting?

A: Caregivers with ADHD children are scrutinized for their parenting abilities. Because of it, they feel a lot of pressure. However, in truth, the formation of ADHD is not directly related to parenting. With that being said, parenting and the environment are still relevant factors to a child's development after completing ADHD treatment. It is recommended that parents receive cognitive therapy so that children with ADHD can thrive in a healthy environment that positively impacts their personal development.


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Resources and self-care practices for caregivers who support ADHD individuals






★How to better interact with a child who has ADHD



→ Caregivers with ADHD children can attend parent-child classes or lectures to increase competencies, read books, or learn more about ADHD organizations.

★Cooperating with mental health professionals



→ Caregivers can take notes or record their child's behavior to consult with the doctor during sessions. Apart from that, caregivers can visit local public health centers or community mental health centers for consultation services.


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Resources and self-care practices for caregivers who support ADHD individuals





★ Supporting others in the ADHD community




→ Caregivers can attend ADHD caregiver support groups, share experiences, and help each other adapt to the stress of caring for children with ADHD.

★ Sharing responsibilities



→ Caregivers shall discuss the responsibilities of caring for a child who has ADHD with family members. They shall clearly express the requirements for care and their own limitations.

★ Taking scheduled breaks




→ Caregivers shall find time to talk to friends and family. Cultivating new hobbies and doing relaxing activities may help relieve stress.

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Resources and self-care practices for caregivers who support ADHD individuals



★The caregiver is feeling stressed out or down, and these emotions are affecting their physical and mental well-being

They can seek professional support to maintain the health of their own physical and mental state. In addition, Department of Health of New Taipei City provides free counseling services. The caregiver can discuss healthy coping mechanisms and other topics with mental health professionals.



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Resources and self-care practices for caregivers who support ADHD individuals

★ Visit the Department of Health, New Taipei City Government, for more mental health-related information.



★ Visit ADHD Health Education Resources, the Department of Mental Health, Ministry of Health and Welfare for more ADHD information



★ If you need someone to talk to, please call your local public health center and mental health center for consultation services. For the suicide prevention hotline, dial 1925; for the Taiwan Lifeline International, dial 1995 and for the Teacher Chang Foundation, dial 1980

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