Understanding ADHD

He Really Can't Help It!

他真的不是故意的！

理解ADHD注意力不足過動症





At a parent-teacher meeting, Andy's teacher talks to the boy's mother about Andy's situation at school ...

Teacher: When Andy's in class, he can't sit still. He's constantly moving, and he has trouble concentrating.

Andy's Mom: Andy almost never finishes his homework and is quite ***forgetful***. His classmates don't play with him. The children are clearly being taught the same way, but there's a big difference between Andy and my older son. I really don't know what to do.

Teacher: I ***discussed*** this with Andy's adviser, and we think Andy may have ***attention deficit hyperactivity disorder***, or ADHD. You might want to take Andy to see a ***specialist***.

Penny's Mom: Some children are not able to control themselves and have trouble maintaining their ***concentration***. They don't behave that way on purpose. I've been through this ***ordeal***, and things do get better with the help of a specialist. The truth is that every child has strengths that are waiting to be brought out.

Teacher: As long as the ADHD is ***diagnosed*** early and you quickly seek the help of professionals, teachers and physicians, and trust and work with them, the child's condition will usually improve.

Andy's Mom: But I'm really exhausted!

Penny's Mom: I can tell you it's going to be a long road. We have to be understanding, tolerant and full of encouragement . We must support children with ADHD and those who care for them, if we want the children to have healthy, happy futures.

Keywords

- forgetful 忘東忘西
- discussed 討論
- attention deficit hyperactivity disorder 注意力不足過動症
- specialist 專科醫生
- concentration 專注
- ordeal 苦惱
- diagnose 診斷

(前言) 親師會時，老師向Andy媽媽說明Andy在學校的狀況……

老　師：Andy媽媽，Andy在課堂上會坐不住、動來動去，注意力不集中。

Andy媽：老師，Andy功課常常寫不完、忘東忘西，同學也不跟他玩……明明教小孩的方法都一樣，弟弟跟哥哥卻差很多。真的不知該怎麼辦？

老　師：我跟輔導老師討論過，有可能是注意力不足過動症，建議媽媽帶Andy去讓專科醫生評估。

Penny媽：有些孩子在控制力上比其他孩子差，不容易持續專注，其實孩子也不是故意如此。我也曾經為此苦惱過，經過專家協助，現在已經改善了。其實每個孩子都有優點等我們去發掘。

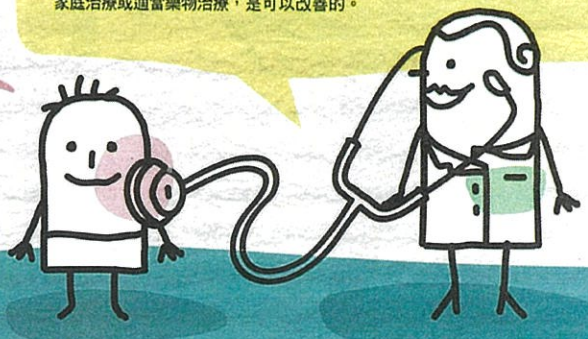
老　師：只要早期發現，早期尋求專業人員、家長、老師以及醫生協助，並且互相信賴、合作，通常都會好轉的。

Andy媽：可是真的好累啊！

Penny媽：這是一條漫長的路，需要我們多用理解、包容、鼓勵來支持ADHD的孩子以及照顧者，才能陪孩子一起走向健康快樂的未來。

一起了解「注意力不足過動症」

注意力不足過動症(ADHD)俗稱過動兒，主要特徵是在不同場合下依然出現和年齡不符的專注力不足、過動、衝動的症狀，通常會出現無法專心做事、丟三落四、話多好辯、無法長期安靜坐好等情形，造成學業、家庭、人際互動的挫折。在臺灣，過動兒的比率佔5-7%，ADHD在醫學上有嚴謹的診斷標準，只要經過兒童心智科醫生的專業檢查判斷，以認知行為治療、家庭治療或適當藥物治療，是可以改善的。



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