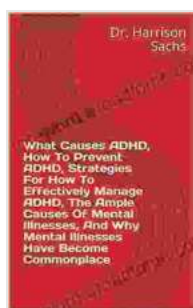


# What Causes ADHD? How to Prevent ADHD? Strategies for How to Effectively Manage ADHD

ADHD is a neurodevelopmental disorder that can cause difficulty paying attention, focusing on tasks, and controlling impulsive behavior. It is one of the most common childhood disorders, affecting about 11% of children in the United States.



## What Causes ADHD, How To Prevent ADHD, Strategies For How To Effectively Manage ADHD, The Ample Causes Of Mental Illnesses, And Why Mental Illnesses Have Become Commonplace by Dr. Harrison Sachs

★★★★☆ 4.7 out of 5

Language	: English
File size	: 1178 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 130 pages
Lending	: Enabled



## What causes ADHD?

The exact cause of ADHD is unknown, but it is thought to be caused by a combination of genetic and environmental factors. Some of the risk factors for ADHD include:

- Having a family history of ADHD
- Being exposed to lead or other toxins
- Having a low birth weight
- Having a brain injury

## **How to prevent ADHD**

There is no sure way to prevent ADHD, but there are some things that parents can do to reduce the risk of their child developing the disorder. These include:

- Providing a healthy diet and plenty of exercise
- Limiting exposure to lead and other toxins
- Ensuring that your child gets enough sleep
- Providing a structured and supportive environment

## **How to effectively manage ADHD**

There is no cure for ADHD, but there are a variety of treatments that can help to manage the symptoms. These treatments include:

- Medication
- Behavior therapy
- Cognitive-behavioral therapy
- Parent training
- School accommodations

The best treatment for ADHD will vary depending on the individual child. It is important to work with a healthcare professional to develop a treatment plan that is right for your child.

ADHD is a serious disorder, but it can be managed with the right treatment. If you think your child may have ADHD, talk to your healthcare professional. Early diagnosis and treatment can help your child to reach their full potential.



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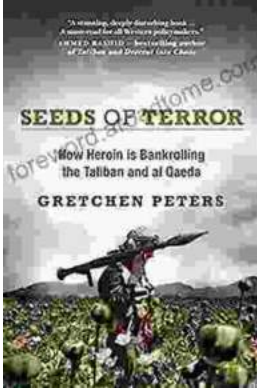
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