

Connecting with Your Child to Navigate Their Challenges

MIOT's Department of Mental Well-Being supports
your child in coping with ADHD



Mental Well-Being

The mental well-being of a child is fundamental to their development and to reaching their full potential. It can be indicated by their ability to achieve developmental and emotional milestones, learn healthy social skills, and cope with problems. A healthy child has a positive quality of life and can function well at home, school, and in their communities.

When a child experiences significant changes in the way they typically learn, behave, or handle their emotions, it causes distress and difficulties in managing daily life. If symptoms are serious and persistent and interfere with school, home, or play activities, it may be a sign that the child is in need of help. Early attention to it can prevent the development of more serious issues later in life. One of the common types of conditions that affect children's mental well-being is Attention Deficit / Hyperactivity Disorder (ADHD).

Attention Deficit / Hyperactivity Disorder (ADHD)

Attention Deficit / Hyperactivity Disorder (ADHD) is a neurodevelopmental disorder characterized by persistent patterns of inattention, hyperactivity, and impulsivity. It is a common condition that affects children and adolescents. ADHD symptoms start before age 12. The symptoms can be mild, moderate, or severe, and they may continue into adulthood.



Identifying ADHD

Some key signs and symptoms that parents or teachers may observe in the children include:

Inattention

- Difficulty paying attention to details
- Have trouble staying focused on tasks or play
- Appears not to listen, even when spoken to directly
- Have difficulty following through on instructions and fail to finish schoolwork or chores
- Have trouble organizing tasks and activities
- Avoid or dislike tasks that require focused mental effort, such as homework
- Lose items needed for tasks or activities
- Be easily distracted
- Avoiding activities that require sustained mental effort
- Forget to do some daily activities, such as forgetting to do chores

Hyperactivity & Impulsivity

- Acting without thinking
- Have difficulty staying seated in the classroom or other situations
- Restlessness
- Fidgeting
- Run around or climb in situations when it's not appropriate
- Have trouble playing or doing an activity quietly
- Talk too much
- Blur out answers, interrupting the questioner
- Have difficulty waiting for his or her turn
- Interrupt or intrude on others' conversations, games or activities



Why Early Intervention is Important?

Early diagnosis and treatment can make a big difference in outcome. ADHD is associated with high rates of comorbid psychiatric conditions. ADHD diagnosed at an early stage, could potentially prevent the emergence of these highly impairing comorbid disorders. The complications associated with academic failure, poor social relationships, low self-esteem, and negative parent and family attitudes can also be avoided.

What Happens if ADHD is Not Treated?

Children left with untreated ADHD may have low self-esteem, depression, oppositional behaviour, school failure, risk-taking behaviour, and family conflict. Overall, it affects the child's quality of life and can be hard for kids to succeed.

When Should You Seek Help?

ADHD can be tricky to diagnose and multiple factors can all play a role in diagnosis. ADHD can also have vastly different symptoms, depending on the individual. Any one symptom on these lists doesn't necessarily make an ADHD diagnosis. But if you notice these symptoms in your child and they're causing disruption in your child's life, it's a sign you should seek help from a medical professional.





MIOT's Department of Mental Well-Being takes a holistic approach to mental health, addressing not only the psychological aspects but also the physical, social, and emotional dimensions of well-being. Our multidisciplinary team includes:

- Psychiatrists
- Psychologists
- Developmental Paediatricians
- Speech and Language Therapists
- Physiotherapists
- Occupational Therapists
- Nursing and support staff



This diverse team enables us to gain an in-depth understanding of each child.

We keenly observe the children over an extended period and engage in discussions with their families and teachers about our observations and how we can apply them to manage the child's symptoms. This process helps us develop personalised treatment plans tailored to each child's unique needs, combining therapy, medication, lifestyle changes, and support from loved ones. We use evidence-based approaches accepted and practiced worldwide, customising them to meet the needs of our country and the child. Additionally, we help children develop coping skills and advise parents or caretakers on effective strategies to manage the child's symptoms.

