The Myth of the ADHD Child

6 Reasons for America’s ADHD Epidemic and 10 Classroom Strategies to Help Empower ADHD-Diagnosed Students

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The ADHD Blob

- 1970’s – Hyperkinesis, MBD
- 1980’s - CHADD founded
- 1990’s - Neuroscience Support
- 1999 – Direct to Consumer Ads
- 2000’s - ADHD and Young Children
- 2010’s - ADHD exported worldwide
Myth = Mythos = “Story”

Why ADHD is a Poor Story

• Prevalence Rates Vary Wildly
• Diagnosis is Subjective
• Causation is Hazy
• Co-Morbidity Muddies the Picture
• Medications are Problematic
6 Reasons for ADHD Epidemic

1. We Don’t Let Kids Be Kids
2. We Don’t Let Boys Be Boys
3. We Care More About Test Scores Than Kids
4. We Pass Our Stresses onto Our Kids
5. We Let Kids Consume Too Much Media
6. We Focus too much on Disabilities

10 Classroom Strategies

1. Let Them Fidget
2. Provide Exercise Breaks
3. Use Positive Time Out
4. Go Outside to Learn
5. Use Active Learning
6. Discover Kids’ Strengths
7. Teach Self-Monitoring
8. Teach Stress Management Skills
9. Make Learning Physical
10. Engage with Novel Strategies
References

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