



# Introduction

According to the National Institute of Mental Health (2008), children mature at different rates and have different personalities, temperaments, and energy levels. Most children get distracted, act impulsively, and struggle to concentrate at one time or another. It is normal for all children at times to be inattentive, hyperactive, and impulsive.

However, for children with ADHD, these behaviors are more severe and occur more often. To be diagnosed with the disorder, a child must have symptoms for six or more months and to a degree that is greater than other children of the same age.

## **Children who have symptoms of inattention may:**

- ◆ Be easily distracted, miss details, forget things, and frequently switch from one activity to another
- ◆ Have difficulty focusing on one thing
- ◆ Become bored with a task after only a few minutes, unless they are doing something enjoyable
- ◆ Have difficulty focusing attention on organizing and completing a task or learning something new
- ◆ Have trouble finishing or turning in homework, often losing things (for example, pencils, supplies, or assignments) needed to complete tasks or activities
- ◆ Not seem to listen when spoken to
- ◆ Daydream, become easily confused, and move slowly
- ◆ Have difficulty processing information as quickly and accurately as others
- ◆ Struggle to follow instructions

## **Children who have symptoms of hyperactivity may:**

- ◆ Fidget and squirm in their seats
- ◆ Talk nonstop
- ◆ Dash around, touching or playing with anything and everything in sight
- ◆ Have trouble sitting still during dinner, school, and story time
- ◆ Be constantly in motion
- ◆ Have difficulty doing quiet tasks or activities

## **Children who have symptoms of impulsivity may:**

- ◆ Be very impatient
- ◆ Blurt out inappropriate comments, show their emotions without restraint, and act without regard for consequences
- ◆ Have difficulty waiting for things they want or waiting their turns in games
- ◆ Often interrupt conversations or others' activities

*"Pay Attention, Please!"* is a book filled with games and activities that help children with ADHD—and children who are otherwise wiggly and overly busy—learn how to pay better attention, increase their abilities to focus for longer periods of time, and improve listening skills. Children who are able to pay attention, focus their concentration, and become effective listeners are children who have a far greater chance of succeeding in school.

