

ADHD: when both parent and child are impacted

Attention deficit hyperactivity disorder (ADHD) is common in children. It appears more often in boys than girls. Research has shown that siblings of children who have ADHD are at a higher risk of also having the disorder. ADHD tends to run in families. So researchers are looking closely at the connection between parents and their children. Some parents who have ADHD may have a hard time coping with the disorder and helping their child deal with it.

ADHD is one of the most inheritable behavioral disorders and it often first appears in school-age children and can continue into adulthood.

Different ages, same problems

Symptoms of the disorder include a short attention span and inability to pay attention or organize daily activities. If both parent and child are suffering with the disorder, the challenges can compound.

Disorganization can be harmful

Parents with ADHD may forget to give their children much-needed medicine and may miss doctor appointments. A parent who has a short attention span may be unable to follow through on his or her child's prescribed treatment plan.

The parent-child connection

ADHD is truly a family issue. Research shows there's a substantial chance that ADHD will be

passed to the child if a parent has the disorder, along with the increased likelihood of depression, anxiety and substance abuse. This means that for the sake of both parent and child, parents who have children with ADHD should also be tested for ADHD.

Getting help

If you believe that you or your child may have symptoms of ADHD, contact your physician or behavioral health provider for more help and information. He or she can help you find the right treatment and can answer any questions you may have about this often disruptive disorder.

Access helpful resources

For more information on ADHD, check out the national organization Children and Adults with Attention Deficit Hyperactivity Disorder (CHADD) at www.chadd.org.

This document is for your information only. It is not meant to give medical advice. It should not be used to replace a visit with a provider. Magellan does not endorse other resources that may be mentioned here.