

ADHD before age 5

Preschool

Children at this age are often:

- Energetic, expressive and emotional;
- Easily distracted and prone to moving from one activity to another;
- In constant motion with difficulty remaining seated.



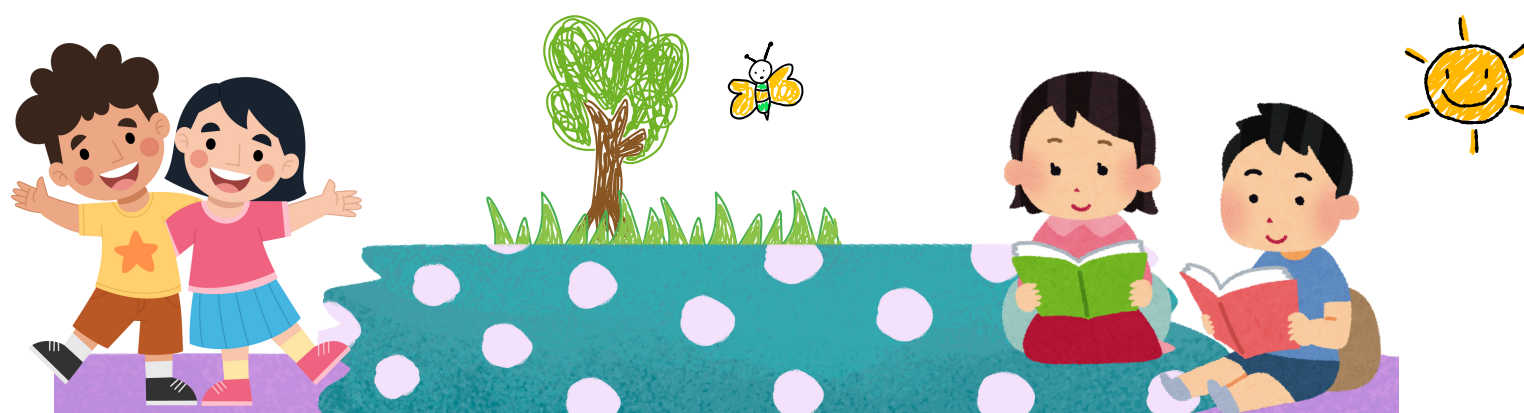
These behaviors are also observed in typically developing children because their attention and self-regulation skills are not yet fully mature.

For this reason, evaluation and diagnosis are rarely made at this age unless very intense behaviors occur across multiple contexts and interfere with daily functioning.



When to suspect ADHD

- When there is hyperactivity or excessive impulsivity, well beyond what is expected for the child's age;
- When there is severe inattention and significant difficulty following simple instructions.



But first:

- Have realistic expectations for your child's age;
- Gradually implement simple routines to guide your child;
- Support them through their developmental stages.

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For more tips and strategies for preschool-aged children, feel free to contact us!