



Understanding ADHD He Really Can't Help It!

他真的不是故意的！ 理解ADHD注意力不足過動症



At a parent-teacher meeting, Andy's teacher talks to the boy's mother about Andy's situation at school ...

Teacher: When Andy's in class, he can't sit still. He's constantly moving, and he has trouble concentrating.

Andy's Mom: Andy almost never finishes his homework and is quite **forgetful**. His classmates don't play with him. The children are clearly being taught the same way, but there's a big difference between Andy and my older son. I really don't know what to do.

Teacher: I **discussed** this with Andy's adviser, and we think Andy may have **attention deficit hyperactivity disorder**, or ADHD. You might want to take Andy to see a **specialist**.

Penny's Mom: Some children are not able to control themselves and have trouble maintaining their **concentration**. They don't behave that way on purpose. I've been through this **ordeal**, and things do get better with the help of a specialist. The truth is that every

child has strengths that are waiting to be brought out.

Teacher: As long as the ADHD is **diagnosed** early and you quickly seek the help of professionals, teachers and physicians, and trust and work with them, the child's condition will usually improve.

Andy's Mom: But I'm really exhausted!

Penny's Mom: I can tell you it's going to be a long road. We have to be understanding, tolerant and full of encouragement. We must support children with ADHD and those who care for them, if we want the children to have healthy, happy futures.

Keywords

- forgetful 忘東忘西
- discussed 討論
- attention deficit hyperactivity disorder 注意力不足過動症
- specialist 專科醫生
- concentration 專注
- ordeal 苦惱
- diagnose 診斷

(前言) 親師會時，老師向Andy媽媽說明Andy在學校的狀況……

老師: Andy媽媽，Andy在課堂上會坐不住、動來動去，注意力不集中。

Andy媽: 老師，Andy功課常常寫不完、忘東忘西，同學也不跟他玩……明明教小孩的方法都一樣，弟弟跟哥哥卻差很多。真的不知該怎麼辦？

老師: 我跟輔導老師討論過，有可能是注意力不足過動症，建議媽媽帶Andy去讓專科醫生評估。

Penny媽: 有些孩子在控制力上比其他孩子差，不容易持續專注，其實孩子也不是故意如此。我也曾經為此苦惱過，經過專家協助，現在已經改善了。其實每個孩子都有優點等我們去發掘。

老師: 只要早期發現，早期尋求專業人員、家長、老師以及醫生協助，並且互相信賴、合作，通常都會好轉的。

Andy媽: 可是真的好累啊！

Penny媽: 這是一條漫長的路，需要我們多用理解、包容、鼓勵來支持ADHD的孩子以及照顧者，才能陪孩子一起走向健康快樂的未來。

一起了解「注意力不足過動症」

注意力不足過動症(ADHD)俗稱過動兒，主要特徵是在不同場合下依然出現和年齡不符的專注力不足、過動、衝動的症狀，通常會出現無法專心做事、丟三落四、話多好辯、無法長期安靜坐好等情形，造成學業、家庭、人際互動的挫折。在臺灣，過動兒的比率佔5-7%，ADHD在醫學上有嚴謹的診斷標準，只要經過兒童心智科醫生的專業檢查判斷，以認知行為治療、家庭治療或適當藥物治療，是可以改善的。

