

# TYPICAL CHILDHOOD BEHAVIOUR AND ADHD

## Childhood Behaviour

- Gets distracted sometimes.
- Occasionally forgets instructions.
- Has tantrums when tired or hungry.
- Interrupts occasionally.
- Behaviour improves with age and routine.
- Active during playtime.

**VS**

## ADHD

- Struggles to focus consistently.
- Frequently forgets even simple tasks.
- Emotional outbursts happen more intensely and often.
- Interrupts conversation.
- Difficulties continue over time and affect functioning.
- Constantly “on the go”

# NORMAL ACTIVE CHILD VS HYPERACTIVE CHILD

## Normal Active Child

- Be energetic during play..
- Calm down after physical activity.
- Focus on activities they enjoy.
- Sit still for short age-appropriate periods.
- Follow instructions with reminders..
- Become tired after a busy day

**VS**

## Hyperactive Child

- Seem “constantly on the go”
- Struggle to sit still even briefly.
- Have difficulty waiting their turn.
- Climb, run, move excessively in appropriate situations.
- Act impulsively without thinking.
- Seem unable to slow down even when exhausted.