

August 2020

DYNAMIC
HEALTHCARE



Monthly Newsletter

So if you see somebody that's hurting, don't look away. And if you're hurting, even though it might be hard, try to find that bravery within yourself to dive deep and go tell somebody and take them up in your head with you." - Lady Gaga

DIAGNOSIS OF THE MONTH - ATTENTION-DEFICIT/HYPERACTIVITY DISORDER (ADHD)

ADHD is one of the most common neurodevelopmental disorders of childhood. It is usually first diagnosed in childhood and often lasts into adulthood. Children with ADHD may have trouble paying attention, controlling impulsive behaviors (may act without thinking about what the result will be), or be overly active.

A child with ADHD might daydream a lot, forget or lose things a lot, squirm or fidget, talk too much, make careless mistakes or take unnecessary risks, have a hard time resisting temptation, have trouble taking turns, have difficulty getting along with others.



ADHD TREATMENT

While there is no cure for ADHD, currently available treatments can help reduce symptoms and improve functioning. Treatments include medication, psychotherapy, education or training, or a combination of treatments.

MENTAL HEALTH TIP

Just 15 minutes of positive attention a day is one of the simplest, yet most effective, ways to reduce behavior problems in children.

Positive playtime reduces attention-seeking behavior. No matter how difficult their behavior has been, set aside one-on-one time with your child every day.

UPCOMING EVENTS

- **Back 2 School Cookout & Field Day - September 1st**