



is it ME?  
 is it YOU?  
 is it US?



# ADHD/ADD/ASD

## Parent Mutual Support Group - Let's help each other.

### Monthly parent meetings in Sandhurst

If interested text email address to Sandra on  
 07957 891655 or email  
[sandra@parentingachildwithADHD.com](mailto:sandra@parentingachildwithADHD.com) for  
 more information



Held at :- Sandhurst School, Owlsmoor Rd, Sandhurst  
 Held on :- 1st Tuesday each Month at 7pm



Symptoms of ADHD include:

- feeling restless or fidgety
- talking a lot and interrupting
- becoming easily distracted
- finding it hard to concentrate
- saying or doing things without thinking

We all know kids who can't sit still, who never seem to listen, who don't follow instructions no matter how clearly you present them, or who blurt out inappropriate comments at inappropriate times. Sometimes these children are labeled as troublemakers, or criticized for being lazy and undisciplined. However, they may have attention deficit hyperactivity disorder (ADHD), formerly known as *attention deficit disorder*, or ADD. ADHD makes it difficult for people to inhibit their spontaneous responses—responses that can involve everything from movement to speech to attentiveness.



**Autism spectrum disorder**, also called **ASD**, is the name used for a specific set of behavioural and developmental problems and the challenges that go with them. A diagnosis of **ASD** means that your child's communication, social, and play skills are affected in some way.



**No diagnosis needed!**



**I'm not sure? – Come along – we don't judge and we maybe able to help or share ideas!**