

## Worried about your child's behaviour - where to find help and support?

Behaviour is a way of communicating, so it is really important is to work out what your child is trying to tell you through their actions. For some children and young people the behaviours they experience are not easily managed, by them or by the adults that support them. In some cases, the behaviour is impulsive, over active and their ability to focus on a task is shorter than it would be for most children of their age. Sometimes the behaviour can be challenging but not always. Sometimes there are also issues with getting to or staying asleep at night but not always. In some cases, the level of challenges the child faces , how much it affects them and how much they can control it can lead to a formal diagnosis of Attention Deficit Hyper Activity Disorder or Attention Deficit Disorder, similar but without the hyperactivity)

## How do I know if my child has ADHD, ADD or just need help to manage their behaviour?

It can be difficult to tell whether the behaviour can be managed and controlled with help or whether the level of need is greater than this. ADHD and ADD are recognised as a mental health conditions. People with ADHD and ADD show a persistent pattern of inattention and/or hyperactivity-impulsivity that interferes with day-to-day functioning and/or development. In Cambridgeshire, this is provided for the NHS by the Community Pediatric Team for primary school-aged children and the child psychiatrist (CAMH) for secondary school age. Our Handy Guide on how the assessment process works will tell you more.

With or without a diagnosis your child will need help and support to manage their behaviour and to learn to cope with their behaviour. Parent carers find this helpful too as it can be exhausting and challenging.

## Who can help?

Don't be afraid or embarrassed to ask for help with your child's behaviour. You can speak to any professional involved in your child's care – like your GP, health visitor or children's centre or school staff. If your child needs extra help, they can refer them to experts, and request an assessment. Please see our Handy Guide on ADHD assessments which explains this process . Our Handy Guide on challenging behaviour may also help.

You can also visit the NHS website for information: <https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd/>

the Cambridgeshire NHS site for more information:

<https://www.cpft.nhs.uk/training/cambridgeshire-neurodevelopmental-service.htm>

## Where to find out more on website:

[www.pinpoint-cambs.org.uk](http://www.pinpoint-cambs.org.uk) and look under Useful Information