

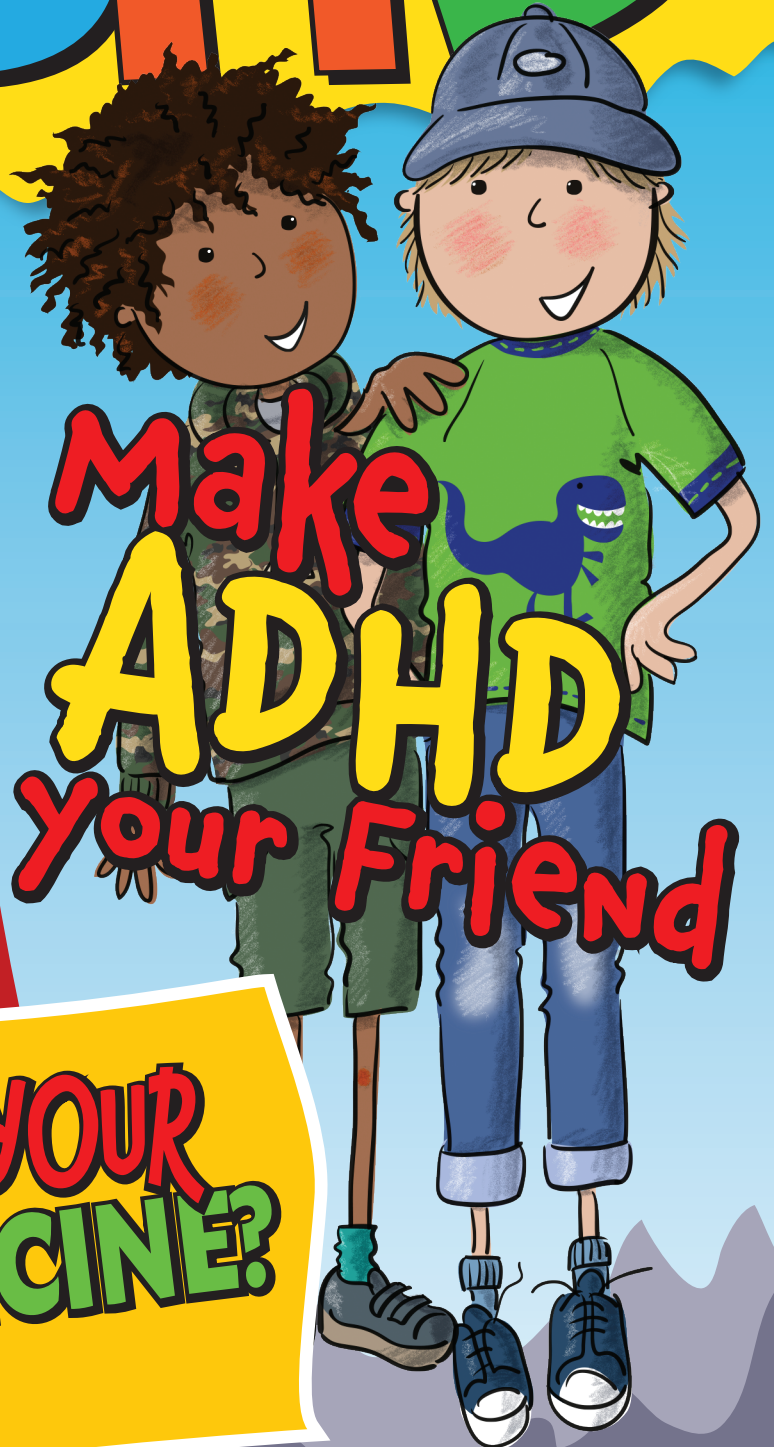
**WHAT
IS**

ADHD?

**How does
my brain
work?**



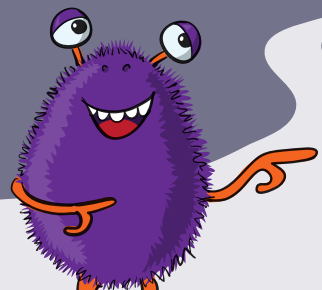
**Make
ADHD
Your Friend**



**WHAT'S YOUR
MEDICINE?**



**Join us on a quest
to find out more...**



Hello!

It's great that you are joining us on a quest to find out more about ADHD and its treatment, including how to make ADHD your friend.

There's lots of fun stuff, so let's get going!

SO, WHAT IS ADHD?



ADHD is short for **A**ttention- **D**eficit **H**yperactivity **D**isorder

Yep, it's hard to read and say.

That's why most people stick with plain old ADHD, unless they want to show off how clever they are.

Having ADHD doesn't mean you're ill or damaged in some way. It just means your brain works differently to most people. That can be great or not so good, depending on the circumstances.

Think of ADHD as a person who is full of energy and great fun, but who can be a bit over the top sometimes too. The trick is to make friends with your ADHD, so that you can enjoy their company, but also help stop things from getting out of hand.

ADHD can show itself in many different ways, such as:

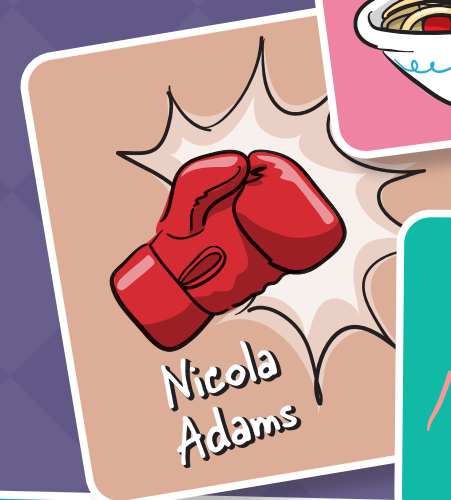
- Having much more energy than usual
- Finding it hard to pay attention
- Not thinking about things before doing them

How does ADHD show itself?

HOW MANY OTHER 'KIDS' HAVE ADHD?

You are certainly not alone, as around 1 in every 20 children have ADHD.

So, lots of kids at your school and in your area are likely to have ADHD too. Grown-ups can have ADHD as well, including these celebs, who used their ADHD to help make the most of their talents:



Children who don't have ADHD can experience these things too of course, but in children with ADHD they happen most or all of the time, not just now and then. Problems with reading, doing maths or being a bit clumsy are more common in children with ADHD too, compared with those who don't have this condition.

GETTING TO KNOW YOUR ADHD

Knowing how ADHD affects you is really important for understanding yourself better. Sharing this knowledge with teachers, family and friends is important too, as it helps them to understand you and your individual needs.

WHAT CAUSES ADHD?

Scientists are still trying to work out the exact cause of ADHD.

But it is thought to be a combination of genes and the environment. Genes are the code inside our cells that tell our body how to grow and develop, while 'the environment' is just a way of saying things around us, outside our body. ADHD certainly isn't your fault, or the fault of your parents or other grown-ups who care for you. That's one thing you can be sure of.



Which of these sound like you?

☒ You can tick more than one

- ☐ Find it hard to sit still
- ☐ Get easily distracted
- ☐ Find it hard to take turns
- ☐ Always daydreaming
- ☐ Find it hard to listen
- ☐ Have problems at school

Whichever of these sound like you, don't worry, they are just part of having ADHD. It is not because you are bad in some way.

MAKING ADHD YOUR FRIEND

Imagine your ADHD friend taking you for a ride in their racing car. Sure, that big engine can make you go fast, but they have to steer carefully too, to avoid going off track. Taking your medicine helps your ADHD friend to stay on track and get the most from that powerful engine.

There are lots of ways that your ADHD friend can help you, from giving you seemingly endless energy to making you brave, adventurous and full of ideas.

ADHD can be a really great friend, helping you to do amazing things when you take the medicine that your doctor has given you.



What does your ADHD friend help you do?

☒ You can tick more than one



Can you think of any others?

Picture this

While some see their ADHD friend as being like a person, others see it as being like a:



prowling tiger



giant gorilla



supersonic jet



boggle-eyed alien



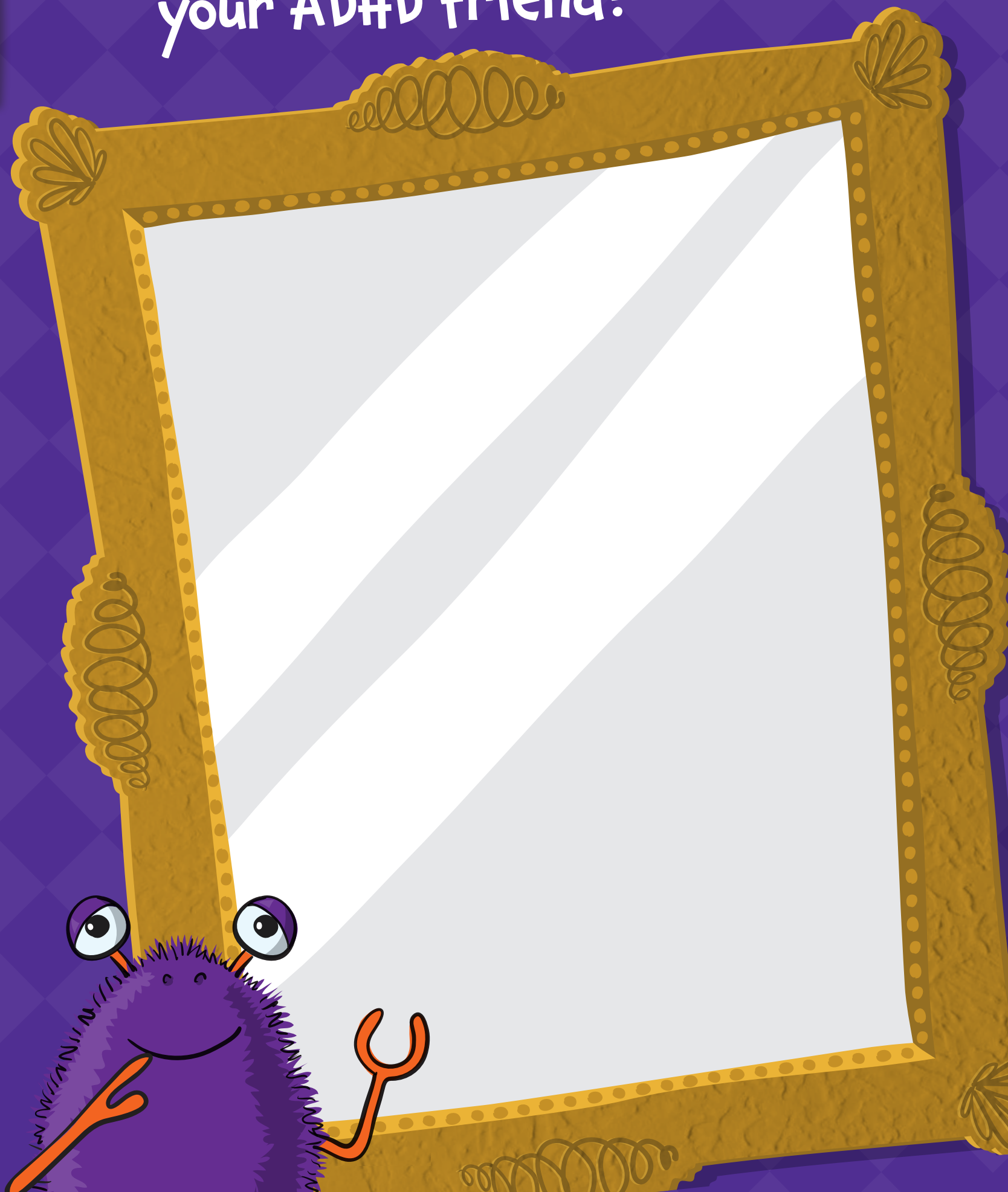
rainbow unicorn



cute kitty



How do you see
your ADHD friend?



GETTING THE MOST FROM YOUR MEDICINE

Your doctor has given you a medicine called methylphenidate liquid 2mg / ml, to help with your ADHD. Methylphenidate is a bit of a mouthful to say, but you can think of it as

Meth-ill-fen-i-date

Actually, let's just call it MPH to make life easy!



EASY TO SWALLOW

Your mum, dad or other grown-up will give you your MPH liquid using a syringe



The tip of the syringe is placed inside your mouth (against a cheek)



The plunger of the syringe is pressed to slowly release the medicine



Swallow your medicine with a drink of water

MPH can help children with ADHD to:

- Focus their energy
- Make it easier to pay attention
- Be less distracted
- Think about things before doing them

You will also continue to have other help too, like regularly talking things through with a counsellor and extra support at school.

MPH liquid belongs to a group of medicines called stimulants. You have been given this medicine for one of the following reasons:

- You have just started stimulant treatment with MPH
- You started stimulant treatment with MPH tablets, but have been switched to MPH liquid
- You are already taking a stimulant medicine in tablet form and have been given MPH liquid to top-up this treatment at certain times (e.g. to help with homework or things you do after school)



with or without food is fine!

Possible unwanted effects...eek!

Like all medicines, MPH liquid can cause unwanted effects, but not everyone gets them. Happily, most people find that this medicine helps them.

Taking your MPH liquid with food may help to stop things like tummy aches, feeling sick or being sick. But you may prefer to take it before or after food, which is fine too. Just see what works best for you.

If you have a headache, start feeling nervous or are unable to sleep, don't worry, these side effects are very common. But be sure to tell your mum, dad or other grown-up who is looking after you. It is also very important to tell them straight away if you:

- Feel sad or unhappy
- Notice mood swings or a change in your personality
- Feel your heart beating faster than usual
- Notice that you are grinding your teeth

WORD SEARCH

See if you can find all these words in the grid below

Attention
Hyperactivity
Deficit
Disorder
Brain
Friend
Energy

Attention
Kids
Children
Treatment
Stimulants
Liquid
School

Knowledge
Methylphenidate
Racing
CarTrack
Ideas
Leader
Distracted

Swallow
Syringe
Water
Food
Doctor
Quest

M	K	D	I	S	O	R	D	E	R	Z	Q	L	R	Q
V	E	I	F	A	I	X	S	J	B	Z	K	I	R	V
H	D	T	D	O	T	T	S	C	Q	R	C	Q	A	T
I	Y	K	H	S	O	T	R	Y	H	Y	A	U	I	N
D	T	P	T	Y	T	D	E	A	R	O	R	D	I	E
E	R	D	E	Z	L	I	P	M	N	C	I	N	L	G
A	E	I	V	R	C	P	H	H	U	E	L	F	G	V
S	A	S	D	S	A	H	C	I	E	L	R	O	X	E
S	T	T	F	E	D	C	F	O	T	L	N	A	G	N
W	M	R	W	R	F	O	I	C	I	N	D	I	N	Y
A	E	A	U	A	I	C	T	I	V	R	D	E	A	S
L	N	C	D	K	T	E	C	N	I	O	T	R	E	N
L	T	T	P	I	M	E	R	L	E	D	G	E	Y	A
O	L	E	A	D	E	R	L	E	D	G	E	Y	A	E
W	I	D	K	N	O	W	L	E	D	G	E	Y	A	E

Answers on back page

SPOT THE DIFFERENCE

Can you spot eight differences in picture B?



A



B



Answers on back page

CONTINUING BEING BESTIES WITH YOUR ADHD FRIEND

Your mum, dad or other grown-up caring for you will have more information about ADHD and this medicine, so be sure to ask them if you have more questions.

Your doctor will also be very happy to answer any questions you may have when you next see them.



Not everyone has
an ADHD friend,
so make the most
of yours!



QUIZ ANSWERS

Word Search



Spot the Difference



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and funded by Consilient Health



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REPORTING OF SIDE EFFECTS

If you get any side effects, talk to your doctor, pharmacist or nurse.
This includes any possible side effects not listed in this leaflet.
You can also report side effects directly via the Yellow Card Scheme at:
<https://yellowcard.mhra.gov.uk/> or search for MHRA Yellow Card
in the Google Play or Apple App Store.

By reporting side effects you can help provide more information
on the safety of this medicine.