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Change. It's the confusing, never-ending part of life we can't plan for. Whether it's your children, friends, relatives, or someone at work, you may notice something "different" about them one day, but you can't quite figure out what it is.

Maybe it's you—or your spouse. You feel like something is different, but you're not sure why. Maybe you're feeling restless. You have a hard time concentrating, you're disorganized, and you just don't understand why—especially if it affects school or work.

What do you do?

If you're the one feeling restless, and can't seem to stop it, a visit to your primary care physician may be your first step. A physical exam can check for and rule out causes such as hyperthyroidism or even too much caffeine. If it's your child, an exam and a discussion with your pediatrician may help, along with hearing and vision testing.

But what if the doctor says "everything looks normal?"

It may be **Attention Deficit Hyperactive Disorder**, or **ADHD**.

ADHD is a neurological disorder that occurs in children as well as adults, and can show up at any time. Symptoms include:

- Inability to concentrate (including difficulty in school or work situations)
- Restlessness, impatient, can't sit still
- Hyperactivity, talking excessively
- Forgetfulness, easily distracted, or just can't pay attention
- Difficulty getting along with others
- Impulsiveness or a "hot temper"
- Difficulty being organized or messy, even frequently losing things like keys or a cell phone

Sometimes these behaviors in children are simply "kid's behavior." But if your child seems very hyperactive, seems to ignore you, but becomes completely focused on something he or she is interested in (like a favorite video game), or has other issues with paying attention that sets them apart from others or they don't "grow out of," start with a visit to your pediatrician.

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