

Sylmar Neighborhood Council, Education Committee Sharing information from "The Child Mind Institute".

Consejo Vecinal de Sylmar, Comité de Educación Compartiendo información de "The Child Mind Institute".

## Dispelling ADHD Myths and Misunderstandings

While ADHD is common, it's often misunderstood. For example, many parents are surprised to learn that, despite its name, attention-deficit hyperactivity disorder doesn't always present as hyperactivity in kids. And kids with ADHD don't have a deficit of attention but rather a tough time directing their attention to things that don't feel rewarding, like homework.

In a new article on [childmind.org](https://childmind.org), we dispel these and other **ADHD myths**. We've also got deeper dives into some of these common confusions, including **why girls aren't diagnosed as often** and **whether kids grow out of ADHD**. Plus, we explain why ADHD meds **don't increase kids' risk of abusing substances**.

– Stephanie Cornwell, Staff Writer

Child Mind -

[https://childmind.org/?utm\\_medium=email&utm\\_source=newsletter&utm\\_campaign=pub\\_ed\\_nl\\_2023-02-21&utm\\_content=child\\_mind\\_institute\\_url\\_body](https://childmind.org/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-02-21&utm_content=child_mind_institute_url_body)

ADHD Myths -

[https://childmind.org/article/common-adhd-myths/?utm\\_medium=email&utm\\_source=newsletter&utm\\_campaign=pub\\_ed\\_nl\\_2023-02-21&utm\\_content=common-adhd-myths](https://childmind.org/article/common-adhd-myths/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-02-21&utm_content=common-adhd-myths)

Why Girls Aren't Diagnosed as Often -

[https://childmind.org/article/how-to-tell-if-your-daughter-has-adhd/?utm\\_medium=email&utm\\_source=newsletter&utm\\_campaign=pub\\_ed\\_nl\\_2023-02-21&utm\\_content=how-to-tell-if-your-daughter-has-adhd](https://childmind.org/article/how-to-tell-if-your-daughter-has-adhd/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-02-21&utm_content=how-to-tell-if-your-daughter-has-adhd)

Whether Kids Grow Out of ADHD -

[https://childmind.org/article/do-kids-outgrow-adhd/?utm\\_medium=email&utm\\_source=newsletter&utm\\_campaign=pub\\_ed\\_nl\\_2023-02-21&utm\\_content=do-kids-outgrow-adhd](https://childmind.org/article/do-kids-outgrow-adhd/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-02-21&utm_content=do-kids-outgrow-adhd)

**Don't Increase Kids' Risk of Abusing Substances -**

[https://childmind.org/article/adhd-meds-lead-addiction/?utm\\_medium=email&utm\\_source=newsletter&utm\\_campaign=pub\\_ed\\_nl\\_2023-02-21&utm\\_content=adhd-meds-lead-addiction](https://childmind.org/article/adhd-meds-lead-addiction/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-02-21&utm_content=adhd-meds-lead-addiction)

## **Common ADHD Myths**

Lots of kids have ADHD, but it's often misunderstood.

[https://childmind.org/article/common-adhd-myths/?utm\\_medium=email&utm\\_source=newsletter&utm\\_campaign=pub\\_ed\\_nl\\_2023-02-21&utm\\_content=common-adhd-myths](https://childmind.org/article/common-adhd-myths/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-02-21&utm_content=common-adhd-myths)

## **How to Tell if Your Daughter Has ADHD**

With girls, look beyond the stereotype.

[https://childmind.org/article/how-to-tell-if-your-daughter-has-adhd/?utm\\_medium=email&utm\\_source=newsletter&utm\\_campaign=pub\\_ed\\_nl\\_2023-02-21&utm\\_content=how-to-tell-if-your-daughter-has-adhd](https://childmind.org/article/how-to-tell-if-your-daughter-has-adhd/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-02-21&utm_content=how-to-tell-if-your-daughter-has-adhd)

## **Do Kids Outgrow ADHD?**

No, but symptoms change, and intervention can make a big difference.

[https://childmind.org/article/do-kids-outgrow-adhd/?utm\\_medium=email&utm\\_source=newsletter&utm\\_campaign=pub\\_ed\\_nl\\_2023-02-21&utm\\_content=do-kids-outgrow-adhd](https://childmind.org/article/do-kids-outgrow-adhd/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-02-21&utm_content=do-kids-outgrow-adhd)

## **Do ADHD Meds Lead to Addiction?**

Research shows no link to higher, or lower, risk of substance abuse.

[https://childmind.org/article/adhd-meds-lead-addiction/?utm\\_medium=email&utm\\_source=newsletter&utm\\_campaign=pub\\_ed\\_nl\\_2023-02-21&utm\\_content=adhd-meds-lead-addiction](https://childmind.org/article/adhd-meds-lead-addiction/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-02-21&utm_content=adhd-meds-lead-addiction)

# ADHD in Teenagers

How to help kids handle new challenges and expectations of high school.

[https://childmind.org/article/adhd-in-teenagers/?utm\\_medium=email&utm\\_source=newsletter&utm\\_campaign=pub\\_ed\\_nl\\_2023-02-21&utm\\_content=adhd-in-teenagers](https://childmind.org/article/adhd-in-teenagers/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-02-21&utm_content=adhd-in-teenagers)

**Información compartida y crédito a "The Child Mind Institute".**  
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