

Early signs of ADHD in girls

Una Archer GMBPsS

www.helpyourchildthrive.co.uk

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Introductions

ADHD statistics

- ADHD is estimated to be prevalent in 5.3% of individuals aged 18 or younger, affecting girls and boys about the same rate
- Girls are three times less likely to be referred for an assessment or receive an correct diagnosis
- Only about 5% of girls with ADHD receive the appropriate support
- About 75% of people with ADHD continue experiencing symptoms throughout their lives

Today we'll cover

- ADHD symptoms in girls
- ADHD brain vs neurotypical brain
- Why ADHD is often overlooked in girls
- Impact of unrecognised ADHD
- Supporting girls with ADHD traits
- Questions



ADHD a neurodevelopmental condition
characterised by persistent symptoms of
inattention and/or
hyperactivity-impulsivity that interfere
with functioning or development

How ADHD shows up in day-to-day life

Home

Attention

- Appearing not to listen
- Difficulties with multi-step directions
- Less likely to start or complete a task

Impulsivity / Hyperactivity

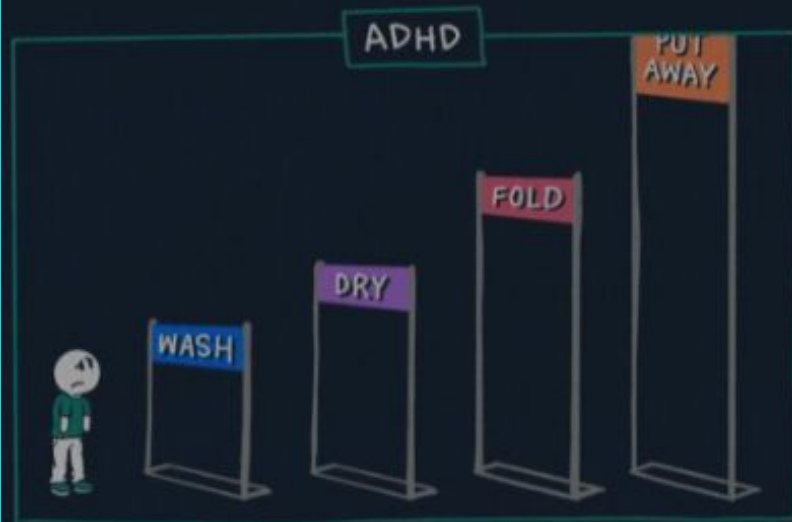
- Extreme prolonged emotional responses
- Interrupting conversations
- Not accounting for consequences

LAUNDRY

NON-ADHD



ADHD



School

Attention

- Making “careless” mistakes
- Difficult to get organised
- Time blindness: starting tasks last minute, spending excessive time completing tasks

Impulsivity / Hyperactivity

- Giving into distractions
- Difficulties while waiting
- Restlessness fidgeting

Friends

Attention

- Extreme focus on what interests them
- Difficult to listen to what other person is saying
- Getting bored and moving between activities, friendship groups

Impulsivity / Hyperactivity

- Impulsive reactions, difficulty to slow down to process their feelings
- Rejection sensitivity
- Could be more likely to engage in risky behaviours

Reasons why ADHD is often overlooked in girls

- It is a broad spectrum, full of contradictions
- ADHD symptoms in girls are often thought of as personality characteristics or immaturity
- Masking strategies (and scaffolding)
- Internalized symptoms
- Girls with ADHD are more likely to also have mental health conditions that involve internalizing symptoms, like anxiety and depression

Assessment

- Based on observation
- Based on neurofunctional brain data

Gamma
(>30 Hz)



Awareness

These brainwaves are dominant at times of intense focus, like when you're trying to solve a problem.

Beta
(13-30 Hz)



Alertness

Beta waves are dominant during instances of problem-solving, judgment, decision-making, or any other focused mental activity.

Alpha
(8-12 Hz)



Relaxed

Alpha waves are typically dominant during meditative and mindful activities and represent non-arousal.

Theta
(4-7 Hz)



Tired

These waves are dominant during "autopilot" states, or, in other words, instances of automatic tasks and sometimes in deep meditative states.

Delta
(1-3 Hz)

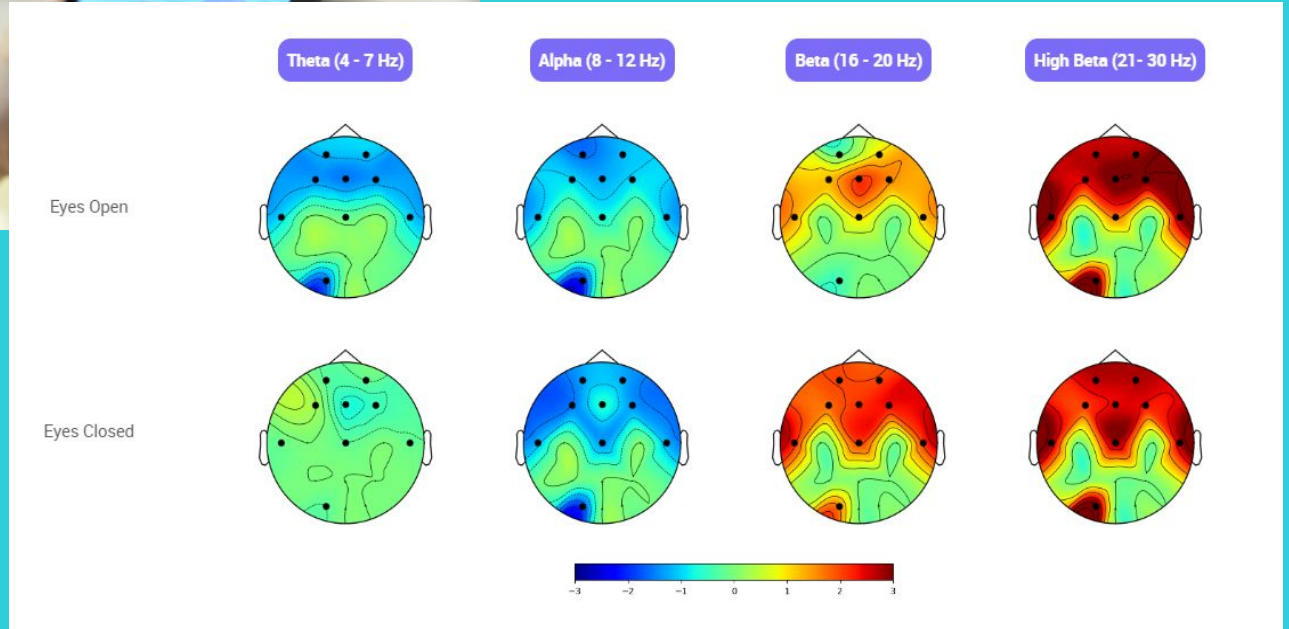


Sleep

Delta waves are amplified in deep meditation and dreamless sleep.

Brain patterns of somebody with ADHD symptoms often show:

- Too much slow wave activity
- Too much fast wave activity



ADHD is not a personality trait, it is a
neurodevelopmental condition

Lack of support for girls with ADHD can result in:

- Internalising their symptoms, feeling ashamed about who they are
- Mental health difficulties well into adulthood: higher levels of anxiety, depression, sleep difficulties, substance misuse and eating disorders
- Social isolation
- Twice the risk of teenage pregnancy
- Adulthood: poorer general health, higher rate of divorce, lower income, alcohol use disorders

ADHD support

Benefits of nurturing emotional security:

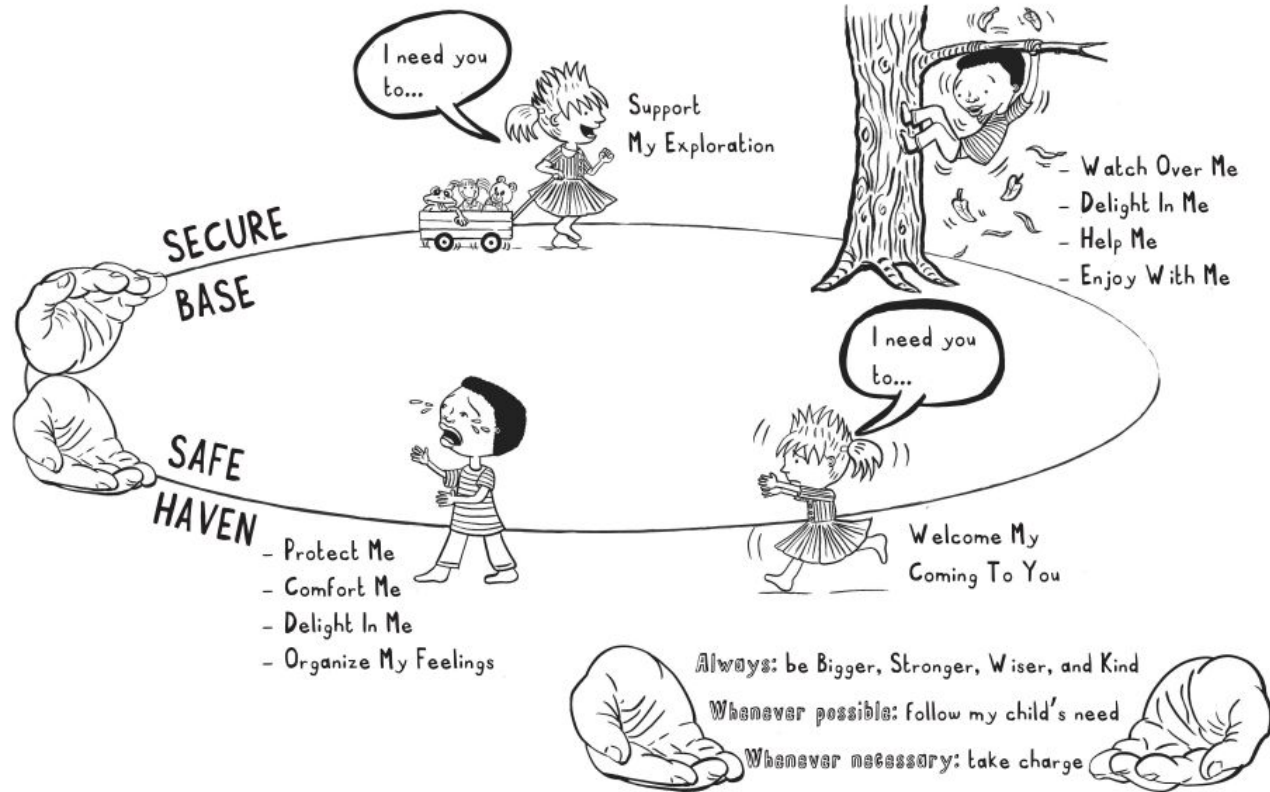
- Strengthening self-esteem
- Not creating secondary symptoms
- Link between emotional state and attention

How to:

- Adjusting expectations
- Replacing frustration with curiosity
- Asking open questions
- Acknowledge the struggle
- Learn about your child's circle of security

Circle of Security®

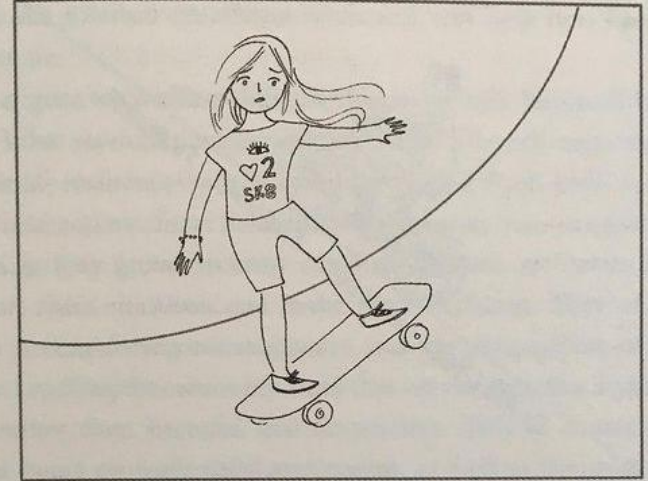
Parent Attending To The Child's Needs



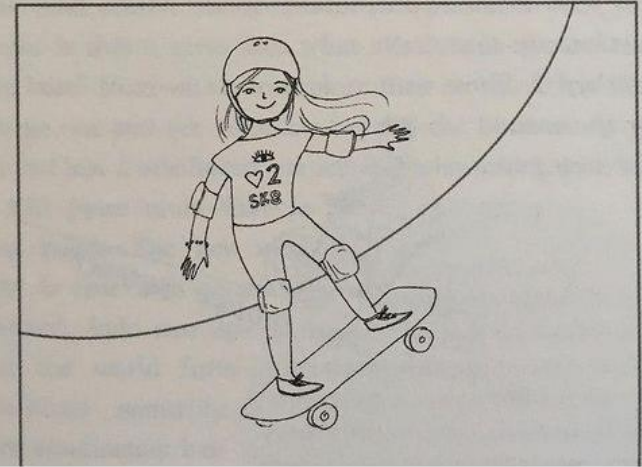
How Circle of Security Parenting helped other parents:

- Things are so much calmer at home
- I feel more confident in how I support my daughter
- I feel like we are building a solid foundation, not just fighting fires

Without secure attachment.



Secure attachment as emotional protective gear.



How can I be a secure base for my child today?

For further support visit

www.helpyourchildthrive.co.uk

- Initial consultation
- Circle of Security Parenting course
- Brain mapping and brain training