

# Attention Deficit Disorder

by Dana Anderson, MFT |

Q: My eleven-year-old son has a hard time sitting still in class. I'm wondering if he has ADHD. He does great academically and in sports and we have no complaints at home but he has always gotten into a little trouble in the classroom with his teachers because of his fidgety behavior. What should I do?

A: I wouldn't do anything. If he's doing well in school and at home, don't bother. "If it's not broke...." ADHD (which is characterized by hyperactivity) and ADD (which is characterized by inattention) has been overdiagnosed in the past—especially for boys. Now, if your son starts demonstrating other symptoms or struggles (difficulty staying on task, lower test scores) then you may want to have him evaluated. Your son may want to figure out (and probably already has somewhat) ways/tools to cope with his "extra energy" so that he can do as well as possible. Sometimes children who are "singled out" in the classroom for whatever reason develop depression or low self-esteem. Then, you want to get them help. And don't hesitate to work with the teachers.