What is ADHD?

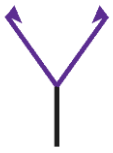
An Easy Read guide

This is an Easy Read document. It uses simple words and pictures.

What is ADHD?

	ADHD means the brain works in its own way. It can affect attention and energy.

What this can look like

	Finding it hard to focus.
	Feeling full of energy, or fidgety.
	Doing things quickly, without thinking first.

How to help

	Break tasks into small steps.
	Use routines, with breaks to move.
	Give quick, kind feedback.