



01. ADHD is a natural variation in brain development and functioning.

The ADHD brain is “interest-based”. This means that attention is drawn to things that feel interesting or exciting, rather than things that just need doing.



02.



This looks like differences in:

- Attention & focus
- Planning & organisation
- Handling big feelings
- Thinking before acting
- Energy levels

03.

ADHD has 3 profiles:



- Inattentive
- Hyperactive-impulsive
- Combined

ADHD is linked to:

- Genetics, brain wiring and environment.

It is not linked to intelligence, low effort, parenting or teaching style.

04.

