

Parents with Attention Deficit Hyperactivity Disorder ADHD and Foetal Alcohol Spectrum Disorder (FASD)

1- Minute Guide

Attention Deficit Hyperactivity Disorder and Foetal Alcohol Spectrum Disorder are similar in nature with many common features including high levels of the following behaviours:

- Inattentiveness
- Hyperactivity
- Impulsiveness

These can result in significant psychological, social and/or educational or occupational impairment. Attention Deficit Hyperactivity Disorder is more common when there were problems in pregnancy and birth, including premature birth and low birth weight, exposure to drugs or medication in utero, brain infection and exposure to environmental contaminants, in particular lead.

Potential Impact on Parenting

70% of people with ADHD also have other conditions such as learning difficulties which may include:

Dyslexia; language disorders; autism spectrum disorder; dyspraxia or Tourette`s syndrome.

People with ADHD may have additional mental health difficulties including depression and self-harm and anxiety. Drug misuse is more common in adults with ADHD.

Inattentiveness and impulsivity may impact on child safety:

- There may be implications for timekeeping and missed appointments, and for household and financial management;
- There may be difficulties encouraging a child`s organisational skills.
- Sudden impulsive actions and decisions not take account of the implications for the person or their child.

Recommended Resources

- Royal College of Psychiatry – free information leaflets www.rcpsych.ac.uk
- ADD / ADHD Online Information www.adders.org
- ADDISS The National Attention Deficit Disorder
- Information and Support Service www.addiss.co.uk
- ADHD Foundation - www.adhdfoundation.org.uk