

He aha

te Aro Pahara / Mate Toota Rawa (ADHD)

Ko te aro pahara/mate totoa rawa (ADHD)

ka matua pā ki ngā tamariki me ngā taitamariki. Ki ngā tamariki, taitamariki e pāngia ana ki te ADHD, he uaua te arotahi ki tētahi mahi mō tētahi wā, ā, he rere totoa, he ngangahau rawa i te nuinga o te wā. Ko ētahi tamariki e pāngia ana ki te aro pahara, engari kāore i te ngangahau rawa. I ētahi wā ka kite koe i te karangatanga 'ADD', arā te aro pahara te tikanga.

** Te āwhina i te tamaiti e pāngia ana ki te ADHD: Hoatu takitahi ngā tohutohu. Kia hāngai, titiro ki a ia, kamo ki te kamo. I ētahi wā, me pātai koe ki te tamaiti ki te kōrero anō i tāhau i kī ai.*

He aha te pūtake o te ADHD?

Kāore i te mōhiotia te pūtake o te ADHD. Ko ngā tamariki e pāngia ana ki te ADHD, ka raruraru te wetewete pānui mai i te roro, nā te mea he rerekē pea te mahi o te roro ki tērā o ētahi atu tāngata. Ka heipū mai tēnei i mua te whānautanga mai, i a ia e nohinohi ana, he wāhanga motuhake nō tērā tangata. Ko te āhua nei, kāore e ara mai i te kai, i te whakapokenga ihi, i te mate pāwera rānei, ahakoa he take āwhina pea ēnei ki te āhua whānui o te ADHD. He wāhanga tuku iho, he wāhanga ira rānei o te ADHD pea.

** PŪRĀKAU: Ko ngā tamariki katoa e whakaatu mai ana i ngā tohumate, kua pāngia ki te ADHD. TIKĀ: Ko ngā tamariki i tūkinotia, i whakahapina, i raruraru rānei inā tata nei, ka whakaatu mai pea i te whanonga ōrite tonu ki te ADHD.*

He aha ngā tohumate o te ADHD?


Ko ētahi o ngā tohumate e tae atu ana ki te mahi rere totoa; te aro poto; te kore e āta noho; te kore e tatari; te aruaru; te kōhukihuki me te kore e whakahoahoa. Ko tētahi tohu nui o te ADHD (ehara i tētahi atu mate) ka ōrite te mahi a te tamaiti i te kāinga me te nuinga o ngā wāhi. Me tū roa, ā me kaha rawa ngā tohumate nā reira i raruraru ai te tamaiti me tōna whānau.

** Whānau/hoa: He ōrite ngā hiahia o ngā tamariki e pāngia ana ki te ADHD ki ngā hiahia o te nui o ā tātau tamariki, te aroha, te awhiawhi, te atawhai, te tiaki rite tonu me ngā ture mārama.*

** Mātua – me mahi tahi me te kura, ētahi atu rōpū i uru atu ai tāhau tamaiti ki te tuku manaaki me te tuku whakaaro nui.*


Ko wai ka pāngia ki te ADHD?

Toru – rima% o ā tātau tamariki ka pāngia ki te ADHD. Ko ngā tamatāne te hunga ka tino pāngia ki te ADHD. Ka pakeke haere ētahi, ka mutu tēnei āhuatanga runga i a rātau, engari kua puta ētahi kōrero, ka noho tonu, ā pakeke noa.

 *Whānau/Hoa – tiakina hoki ērā atu mema o te whānau me ērā atu whanaungatanga hoki – i ētahi wā, ka pau katoa tō kaha me te wā e tuku atawhai ana ki te tamaiti ADHD, ka mahue ērā atu tamariki, ka whakatakariri hoki.*

Me pēhea te tuku haumanu mō te ADHD?

Kāore he rongoa mō te ADHD, ahakoa te whakamahi hārangirangi i te rongoa whakakori. He mate whiwhi tēnei, me matua whakahaeretia ki te huinga tirohanga. Ka tae atu ēnei ki te rongoa (Ritalin te mea tino mōhiotia ana); te whakahaere whanonga; pūkenga ā-iwi me te tohutohu mō te tamaiti, mō te whānau rānei. Ka whai wāhi pea te romiromi, te kai pai me ētahi atu haumanu āwhina.

 *RAPUA TE ĀWHINA – Ko te mea nui, ka āwhinatia ngā tamariki ADHD i ngā tau tōmua kia mau i a rātau te whakahaere pai i tō rātau mate, kia whanake i ngā pūkenga me te ngākau titikaha kia pai ai ā ngā tau tōmuri.*

Kei whea ētahi atu pārongo?

Te Tūāpapa Hauora Hinengaro o Aotearoa Mental Health Foundation of New Zealand

mō ngā rauemi, ripene whakaata, pukapuka me ētahi atu kōrero.

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(Tirohia 'information' mō te roanga atu o te whakaaturanga o te ADHD)

ADDvocate

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Te Rōpū ADHD Association

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He rōpū tautoko, tuku pārongo hoki ā-motu mō te ADHD. E rima ngā pekanga kei Tāmaki, me ētahi kei Whangarei, Kirikiriroa, Tauranga, Rotorua, Heretaunga/Ahuriri, Wanganui, Te Whanganui ā-Tara, Whakatū, Ōtautahi, Waimate me Murihiku.

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