

Help for those who simply cannot sit still

THE rise in the number of Attention Deficit Hyperactivity Disorder (ADHD) cases prompted psychologist Carolyn Kee (right) to write a book about the condition — for children.

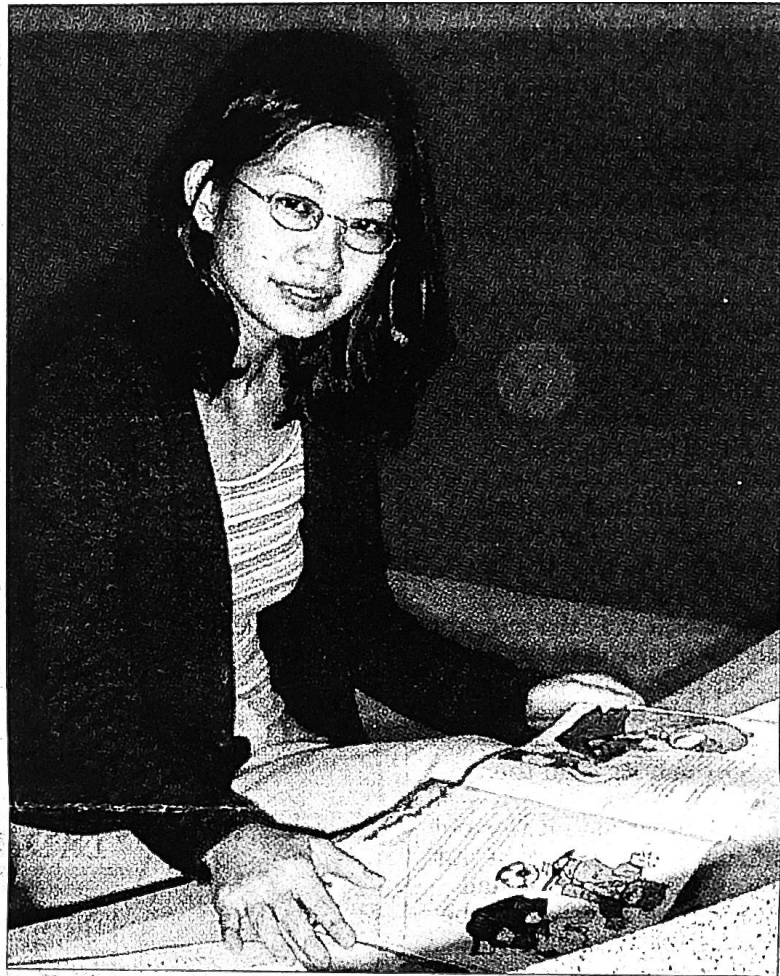
Pay attention, Alex! also helps parents to recognise the traits and understand them from the child's perspective, and shows them how to cope.

Children with ADHD cannot resist doing certain things.

Said Ms Kee: "It's like having a mosquito bite, and not being able to resist scratching it."

She recounted the case of a parent who visited the school canteen, just in time to see her eight-year-old son, who has ADHD, dash across the room in pursuit of a stray ball. He knocked over a girl with hot soup, but ran on, oblivious to all else.

Such traits get ADHD



children into trouble a lot.

Dr Kee's book got her colleagues at the IMH Child Guidance Clinic interested, and 16 more were written by others. They cover subjects like the loss of a loved one, conflicts between parents,

sibling rivalry, bed wetting, bullying and autism.

The books are available at the Woodbridge Hospital and the Clinic, on the third level of the Health Promotion Board Building at the Singapore General Hospital.