



Driving with children with attention deficit disorder, with or without hyperactivity (ADHD)

ADHD is a developmental, behavioral disorder that affects the child's neurodevelopment, arising in problems related with concentration and self-control for inhibiting behaviors. This psychiatric pathology affects between 2 and 5 percent of children, and is one of the most important child and adolescent psychiatric disorders.

Oftentimes, its diagnosis is delayed, and it is estimated that it remains undiagnosed until two years after its appearance, thereby negatively impacting the child's quality of life in the absence of proper treatment.

We offer some useful data and recommendations.

A **child with ADHD continues being a child**, wherefore the same safety rules in the car apply as for any other minor, but that child's needs must also be considered.

The **attention deficit entails disorganization** over time and insufficient planning of actions. For these children, the risk of suffering a traffic accident as pedestrians is double.

1 **ADHD is chronic** and becomes apparent before the age of 7.

2 The **incidence rates of ADHD** worldwide range between 5 and 20 percent

We are talking about 6.4 million children in the world. Statistics indicate that:



Over **50 percent** of those children also express defiant, rebellious attitudes.



Between **18 and 25 percent** of children are diagnosed with a personality disorder when they reach adulthood.



Between **20 and 30 percent** develop affective disorders, including depression.



About **25 percent** of these children suffer anxiety disorders.



Over **20 percent** have learning-related difficulties.



Between **30 and 50 percent** also have behavioral disorders.

Recommendations for driving with children with ADHD



As pedestrians

Are at greater risk of being run over because they fail to respect the rules when crossing the street and do not pay attention to vehicles on the road.



Children with ADHD must be accompanied

By a responsible adult that continuously teaches them the rules and stimulates their learning.



As passengers inside a vehicle

These children must be under constant supervision, and frequent stops are required during long trips, given their activity-related demands.



It is advisable to have games and entertainment available in the car

As long as these do not interfere with the driver's control of the vehicle.



It is a good idea for these children to participate in traffic

As if it were a game, learning the signs while riding in the car.



If you suspect that your child may have ADHD

Visit your physician and request a diagnosis.