



# TURN THE PAIGE

ADHD Coaching & Education for the Unique Mind

## Is my kid lazy? Or do they have ADHD?



Does your child seem lazy? Unable to complete tasks? Have trouble starting tasks because they are so overwhelmed? Well... they may have ADHD.

The biggest difference between true laziness and ADHD is that those who are lazy do not typically make an effort to complete tasks—and rarely usually feel anxiety or guilt when they fail to do so. Those with ADHD often feel anxious or nervous about completing tasks and put significant effort into focusing long enough to get things done.

In other words, laziness is a lack of effort or concern about a task, whereas those with ADHD put **significant effort** into a task and become upset or frustrated when it's incomplete or done incorrectly anyway.

I know that I'm not lazy, but I may need an ADHD coach.

