

What is my child's developmental age?

ADHD Expert, Dr. Russell Barkley, claims that young people with ADHD generally have a developmental delay of about 30%, which affects their executive functioning skills (see below). These skills are not fully developed until the brain reaches maturity, around age 25.

Biological Age	Developmental Age
5	3.5
6	4.2
7	4.9
8	5.6
9	6.3
10	7

Biological Age	Developmental Age
15	10.5
16	11.2
17	11.9
18	12.6
19	13.3
20	14

Biological Age	Developmental Age
20	14
21	14.7
22	15.4
23	16.1
24	16.8
25	17.5

So...where is the lag?

Emotional Regulation	Response Inhibition	Time Management	Self Monitoring
Social Skills	Task Initiation	Organizational Skills	Sustained Attention
Cognitive Flexibility	Self Awareness	Problem Solving	Goal Attainment
Decision Making	Concept Formation	Planning/Prioritizing	Working Memory

if you're frustrated that your child is unable to manage these skills, consider their developmental age and know that they may need some extra support.

Sources:

Russell Barkley's article in *Scientific American*, September 1998

Great Schools Staff. (2023, June 23). Dr. Russell Barkley: ADHD theory, diagnosis, & treatment summary. Parenting - GreatSchools.org. Retrieved September 5, 2023, from <https://www.greatschools.org/gk/articles/dr-russell-barkley-ad-hd-theory-diagnosis-and-treatment-summary/#:~:text=Barkley%20terms%20%E2%80%9Ctime%2Dblindness%2C,percent%20below%20their%20actual%20age.>