

Ψ SEALKIDS

What is ADHD?



Most people have heard of ADHD, but they may not know what it truly is and how it affects different children. Even though I have a child with ADHD, I am just beginning to understand it and how it affects her. ADHD can manifest differently from child to child. One child may not be able to sit still to focus and/or be able to control their impulsiveness, while another child may struggle with keeping their attention on something and retaining the information. As a parent it is hard to watch your child struggle and not understand why. ADHD is just one of the various challenges faced by children served through SEALKIDS ' programs. I am excited to share some helpful information that I have found as I navigate through this journey of learning differences with my own children.

ADHD, short for Attention Deficit Hyperactivity Disorder, is a disorder involving executive functioning, which includes the ability to focus, organize, use the working memory, and other executive skills. ADHD is a brain disorder caused by differences in the development of brain anatomy and wiring. I ask you join me in learning more about ADHD in an article by Understood.org's Team, [Understanding ADHD](#).

-Elizabeth, SEALKIDS Development Coordinator.

THANK YOU Youth Services Club of Virginia Beach for the generous donation of \$2000! Thank you for helping us as we strive to fulfill our mission.



Pictured above from L to R: Aaron Peckham, Patrick McKeever, SEALKIDS Board member Molly Moore, and Virginia Beach Mayor Bobby Dyer.

From a SEALKIDS Parent

"After all the passive aggressive suggestions that our son had behavior problems because of how much time his Daddy is gone, we now have answers that are real and make sense. SEALKIDS has provided invaluable relief to our family."

-SEALKIDS Parent



Give the gift of hope this Holiday Season



We receive requests for service consistently throughout the year. Parents, observing their child's struggles, reach out to SEALKIDS for hope, help, and results. We step in to help lessen the stress in the homes of the families in the Naval Special Warfare community by coming up with a plan to help each child. Some of the children we serve struggle with learning disabilities, for which there is no cure. Some of the children we serve struggle with stress and anxiety due to the deployment of a parent. Some of the children we serve just need a little help to overcome challenges. SEALKIDS steps in to provide **targeted and immediate intervention** to ensure these children reach their full potential. SEALKIDS relies on donors, like you, to help these children.

The average cost to serve one child is \$5000.

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