



Parents Warned: Don't Use Ritalin

11:20am UK, Wednesday September 24, 2008

Hyperactive children should no longer be given Ritalin, new health guidelines say.



Ritalin should no longer be given to hyperactive children.

The drug should not be prescribed to children under five and used for older children only when they have severe ADHD or as a last resort, the guidance says.

Instead, parents should be taught psychological techniques for changing the behaviour of unruly youngsters diagnosed with attention deficit hyperactivity disorder.

The guidelines were issued by the National Institute for health and Clinical Excellence (Nice) and the National Collaborating Centre for Mental Health.

The directive says parent training and education programmes should be offered as a first-line treatment for ADHD, both for pre-school and school-age children.

The programmes show parents how to create a structured home environment, encourage attentiveness and concentration, and better manage misbehaviour.

Research has shown they can be highly effective, helping children do better at school and lead more normal lives.

Teachers should also be involved in the management of school age children, says the guidance.

Lunctime Debate

Should hyperactive children be treated with Ritalin or therapy?

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Common side effects associated with Ritalin include nervousness, insomnia and weight loss, and the drug may also cause an erratic or fast heartbeat, nausea, dizziness and headaches.

Children with the disorder are always on the move, running, climbing or jumping, as if driven by a motor that cannot be switched off.

They tend to push into queues, blurt out answers to incomplete questions, butt into conversations, and act without thinking, which makes them accident prone.

At school they are easily distracted, forgetful, unfocused, and disorganised. They may also find it hard to keep friends and suffer from bullying.

Up to 3% of school-age children and young people are affected by the disorder in the UK, and it has recently been recognised that around 2% of adults also suffer from the problem.

Previously they were often wrongly labelled as having a personality disorder or some other psychological condition.

The causes of ADHD are unclear but thought to include both genetic and environmental influences.

Diet may be involved and a link with fizzy drinks has been suggested.

Problems in the womb or birth trauma could also cause damage in the brain leading to ADHD.

COMMENTS TO THE STORY

That's right Julie, the one's of us commenting about ADHD not existing don't have kid's with ADHD. That's because we know how to discipline our kids without hitting them and we've taught them to respect others.

What can I say, parenting doesn't come naturally to everyone.

Posted By :wendy [Report This](#)

im an 18 yr old who has been on this drug since the age of 6.i thank my parents for all the love and support that they gave me through the years and are still giving me,without this drug i would not be the person i am today,it helped me and is still helping me.i think it's about time you asked the kids who have been taking the medication how they feel and not judge it for yourselfs without it i would've been in all sorts of trouble and properly put into care.so i say thank you to all the parents out there that have helped their kids through all of this and those who will still help them.keep up the great work

Posted By :michael [Report This](#)

Like any subject, somebody has to experience it before they can have a real opinion about it. If Jon really thinks that ADHD does not exist, this can only mean that he has not bothered find out if it does, as it is something that does not affect his life, this is why he is unable to make any intelligent comments worth reading.

Posted By :Clara [Report This](#)

I have always thought this hyperactivity stuff was a load of nonsense, I have had 3 kids, all fine, they had sweets, etc, it never sent them loopy, its just bad parenting and passing the blame, disipline your kids, teach them manners and right from wrong! No good just popping 'em fill of pills, do your job and PARENT!

I constantly see brats runnung up and down shouting and misbehaving and the parents just stand back and let them get away it, this behaviour needs correcting from a young age.

Posted By :me [Report This](#)

this is unreal the way everyone is behaving over this when clearly the ones commenting on the behaviour off our kids with adhd do not have kids that have the condition.if you did then you would know how hard it is to live with the condition and how all our rights has parents are being taken away.yes when i was young we got the cane or the slipper but now we cant do that its against the law,we are not allowed to punish our kids the same way we where punished. i have 3 boys who all have adhd plz feel free to come and spend aweek with them,im sure by the time you have finished you too will see how this drug has helped my kids without this drug my boys would have all been failures and left to be one of soicietys forgotton or missed kids.so unless you have first hand experience and seen for yourself the benifits this drug has plz dont judge us has bad parents cos if anything we are trying our best to help them cos we dont get support from anywhere else

Posted By :julie [Report This](#)

I have to agree with Felix, John Smith and various others. These parents who claim their unruly brats have this 'illness' seem to have the attitude that 'my child wouldn't behave like

that, he is just unwell' Wake up! It is a mixture of no real discipline at home or at school, and no doubt not helped by a poor diet. when I was at school, there were no kids running around running riot like this. If a kid stepped out of line at school, he went to the head. Kids behaved in class. Kids behaved at home. Kids didn't go round stabbing other kids. This 'not my child' attitude is what is responsible for the state of the youth today. NOT some made up illness!

Posted By :[Jon Report This](#)

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