[](http://www.google.com/imgres?hl=en&sa=X&rlz=1T4GGNI_enUS499US499&biw=1441&bih=676&tbm=isch&prmd=imvns&tbnid=URk9V-kT8_R3qM:&imgrefurl=http://www.squidoo.com/new-tennis-elbow-therapy&docid=ryUi78LsQYsPrM&imgurl=http://i1.squidoocdn.com/resize/squidoo_images/250/draft_lens18382469module152608732photo_1314217896mystery_clipart.JPG&w=250&h=173&ei=NLKKUK3PPJDO8wTF84GwCg&zoom=1&iact=hc&vpx=914&vpy=176&dur=918&hovh=138&hovw=200&tx=135&ty=44&sig=109817504177312775117&page=1&tbnh=138&tbnw=200&start=0&ndsp=26&ved=1t:429,r:4,s:0,i:83)**Causes of ADHD**

ADHD is **not** caused by poor parenting, too much sugar, or vaccines.

ADHD has biological origins that aren't yet clearly understood. No single cause has been identified, but researchers are exploring a number of possible genetic and environmental links. Studies have shown that many kids with ADHD have a close relative who also has the disorder.

Although experts are unsure whether this is a cause of the disorder, they have found that certain areas of the brain are about 5% to 10% smaller in size and activity in kids with ADHD. Chemical changes in the brain also have been found.

Research also links smoking during pregnancy to later ADHD in a child. Other risk factors may include premature delivery, very low birth weight, and injuries to the brain at birth.

Some studies have even suggested a link between excessive early television watching and future attention problems. Parents should follow the American Academy of Pediatrics' (AAP) guidelines, which say that children under 2 years old should not have any "screen time" (TV, DVDs or videotapes, computers, or video games) and that kids 2 years and older should be limited to 1 to 2 hours per day, or less, of quality television programming.

[](http://www.google.com/imgres?hl=en&sa=X&qscrl=1&rlz=1T4GGNI_enUS499US499&biw=1441&bih=676&tbm=isch&prmd=imvns&tbnid=jMZu5KTNNN1zMM:&imgrefurl=http://sfmcsped.wordpress.com/testing-creating-behavioral-goals-for-the-iep/&docid=XcAHFHl3i0ip6M&imgurl=http://sfmcsped.files.wordpress.com/2011/04/cropped-pta20kids20clipart_small.jpg&w=770&h=200&ei=76eKUMaHFIaOygGA34GAAQ&zoom=1&iact=hc&vpx=956&vpy=448&dur=3299&hovh=114&hovw=441&tx=337&ty=90&sig=109817504177312775117&page=1&tbnh=67&tbnw=253&start=0&ndsp=28&ved=1t:429,r:0,s:20,i:136)

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