

回覆「什麼是 ADHD（專注力缺陷及或過度活躍症）？——如何診斷孩子有沒有 ADHD」講座聽眾提問

共有 1394 位家長和教師報名參與，206 位填寫問卷，37 位提出問題或意見，感謝參與！

以下是講者王玉珍醫生的回覆及青田的一些補充。

A. ADHD

1. If the ADHD child keeps asking me questions, what can I do? I can answer 1 or 2 questions but he continues the follow-up questions. Now my answer would be 'Let's ask your father after he come back from work.'

The child needs to spend time with you. He/She is not really asking you questions, but he/she just want to keep you company. Before you finish your answer, he/she is already asking you another questions. So his purpose is not really asking for the answers. Another way is, to ask him to write down his questions first (if he is old enough to do so).

2. I find that students with ADHD may have a lot of mood swings too. Is there anything that teachers and parents can do to settle these patients?

Mood swings: be careful. Please describe this to your doctor in detail. It could be something else.

3. 在學校立場以成績、品學為主流，老師如何教導或與學生相處（學習差異、過度活躍同學）？校規解釋和平衡點在校方，老師只有跟從指引辦事。很多事情都是無奈。

The main goal is to train the students accountability. That is, how to manage time, money, social and things. Also how to organize knowledge. Every child is different.

4. 家長強烈不接受子女有 ADHD，不讓子女吃藥，怎樣能夠說服家長。/ Understanding that each child is different. What recommendations would you make if parents are reluctant to diagnose the student by a professional even though teachers can see that there is likely characteristics on the Spectrum.

It depends on how severe the child's ADHD is. If the underachievement is severe, it is more advisable for the child to take the medicine. Two options: 1. to find out if the father or mother also has adhd, and let them try the medicine first; 2. To find out what other coexisting problems the child has. Of course, to listen to my

talk to be share at the end of July would also help.

7 月講座詳情及報名：

[「什麼是 ADHD（專注力缺陷及或過度活躍症）？——治療 ADHD 的方法」](#)
[網上講座](#)

5. 對於 ADHD 的孩子，佢哋係咪都係受軟唔受硬？

Your question is too vague. Better give me more information, such as what had happened.

6. 了解對 ADHD 學童的學習支援

This is another talk by an educational psychologist.

7. ADHD 的診斷方法

This was covered in my first talk in great length.

日後可於青田教育基金會網頁[重溫](#)本講座的內容。

B. 其他

8. He doesn't want to play with new friends or kids from parents, how to improve?

Before you ask how to improve you first need to find out why.

9. ASD child always speaks opposite words when his misbehaviours are corrected. / How to diagnose Asperger's and Autism? / 想了解如何改善自閉症幼兒自我刺激的行為 / ASD 的情緒表現 / 自閉症 / 自閉症譜系

ASD kids are known to be argumentative, even using ridiculous reasoning. Therefore as his caretaker, you better avoid the trap. Because they always want to win, then you are no longer his authority. Asperger kids can speak well, but not in autistic kids. But they share a lot of things in common, such as not being able to understand non-verbal cues. This is practically another talk by itself.

10. 想了解關於思覺失調，抑鬱症、躁鬱症等 / 抑鬱症、焦慮症 / Anxiety & Depression

I admire your curiosity. It depends on how deep you want to know. The best is to buy a book DSM-5, published in 2013.

11. 驚恐症

Panic disorder: it suddenly happens out of the blue, with symptoms such as: fast

breathing, dizziness, tingling sensations are the finger tips, heart rate was fast, you feel like you are going to die. It also accompanies with sense of anxiety and you may feel that you are doomed. But no one in history has ever died from panic disorder. It is associated with later development of anxiety, depression, suicidality, etc.

12. I want to know how to play with kids in a way that can help them to transform their emotions. / 青少年情緒轉變 / 發洩情緒方法 / 情緒管理 / 處理家長情緒治療 / 請關注在職老師的情緒問題。(本人是將近退休的老師) / 所有有關情緒問題的範疇都有興趣知道

Yes, indeed. Emotion is quite controlling. First, we need to learn the words of emotions, to correctly label our emotions first. In communication, we have to make sure that our emotions are neutral before we can calmly and successfully communicate. Only when we lay down the angry beast, can we get our wit together and communicate well, without hurting others.

有關情緒，可參考以下講座：

[「親子之道——情緒影響我們的行為、思考和學習」講座](#)

[「幫助兒童少年提升 EQ 的方法」講座](#)

13. 固執行為

I need to know more about the situation. When the child is very stubborn, usually we do not enforce our rules because that would hurt the child. We can either tell the plan ahead of time, so that the upcoming activity is expected...Let me know more about the scenario.

14. 如何提升幼兒的抗逆能力/表達能力

Did you mean the child's age is under 4? Quotient of adversity is not trained at this young age. But communication skills can be trained. If the child has speech delay, you can train him/ her sign language (go check online baby sign language).

15. 音樂，遊戲治療

Yes, these will help, It would be nice if you could find someone who is well trained; even the primary care taker can do that.

16. 可以有是次講座 ppt 嗎 / 可否索取講座 POWER POINT 內容？ / 可否提供 powerpoint 作參考？因轉得太快，有時跟不到。 / 可能時間關係，內容濃縮，節奏太快，可有講義翻閱更好 / Can I have a copy of the powerpoint please?

Apology, a lot of my powerpoint slides are with copy right.

抱歉講座不提供筆記，但日後可於青田教育基金會網頁[重溫](#)講座內容。

17. 欲參加下一講座 - 治療 ADHD 的方法

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18. 講者語速有時很急，有時難聽清楚講話內容。 / 講者的演說技巧有待改善 / 收音較差，聽得較辛苦

謝謝指出，有關問題會盡量在講座重溫修正，日後亦會多加留意。

C. 意見

19. Thank you Dr. Wong for the sharing on the introduction on how to identify ADHD. This is extremely helpful in helping my students and also understanding my children more.
20. 過度過躍症，抽筋不是腦顫
21. 謝謝王醫生和青田舉辦這講座
22. 內容清晰
23. Very good talk, thanks.