

# Is Your Daughter "Just Daydreaming"?

## The Shocking Truth About ADHD in Girls & Women

Attention deficit hyperactivity disorder (ADHD) is often portrayed as a condition affecting primarily young boys, characterized by **excessive energy, impulsivity, and difficulty focusing**. However, this narrow stereotype **overlooks** the reality of **ADHD in girls and women**, who experience the disorder differently and often face unique challenges in diagnosis and treatment.

Girls with ADHD are **more likely to exhibit inattentive symptoms** like **daydreaming, forgetfulness, and organization difficulties**, rather than the hyperactive-impulsive behaviors typically associated with the disorder in boys.

### Key Steps:

**Seek a qualified professional**, if you want a diagnosis look for a specialist experienced in diagnosing and treating ADHD in girls and women.

**Educate yourself** about the different presentations of ADHD and how it can affect girls and women.

**Advocate for yourself.** Don't hesitate to seek clarification, ask questions, and express your concerns.

**Connect with support:** Sharing experiences and finding community with others who understand can be invaluable.

### Potential Strengths:

Hyperfocus

Resilience  
and  
Persistence

### The Scope of ADHD in Girls and Women:

Emotional  
Intelligence

Flexibility  
and  
adaptability

### Internalized Symptoms:

Girls with ADHD are **more prone to internalizing symptoms** like **anxiety, depression, and low self-esteem**, which can mask the underlying ADHD and further complicate diagnosis.

### Social and Emotional Impact:

Social challenges, perfectionism, and academic struggles are common experiences for girls and women with ADHD, **impacting their self-worth and confidence.**

### Hormonal Fluctuations:

The menstrual cycle, pregnancy, post-pregnancy, and menopause can exacerbate ADHD symptoms in women, **requiring adjustments in medication and coping strategies.**