



If you have ADHD, your prefrontal cortex is not fully grown. This causes problems with logic, planning, and attention. You become distracted and cannot focus well. This is not your fault - it's your brain!

Prefrontal cortex for adults is grown and developed!

Prefrontal cortex with ADHD has grown, but is still not totally developed

Prefrontal cortex for a baby is small and needs to grow

