

Educational Support for Ongoing Changes

Children with ADHD often need specialized supports to be successful in school. The relationship between parent and teacher is important to the child's success. Letting the school know about the diagnosis can help your child get the support they need.

- 30-50% of kids with ADHD have issues with learning in addition to attention.
- Check in with your school to see if they are already offering additional help to your child.

There are formal supports offered in schools such as 504s and IEPs.

- A 504 provides accommodations - changes to the kid's environment to help promote success such as where they sit, structuring their time differently and organization support.
- An Individual Educational plan (IEP) can include special education services that occur after formal school testing.

Managing your child's behavior in the classroom is essential.

One core strategy is: a daily behavioral report card (DRC). To learn more, check out this QR code.



What's Next? Making a Plan

We know how to work with and manage this condition.

You can have a child who is thriving with ADHD, but it does take a lot of work.

What steps are you ready to take?

I Want To...

BEHAVIOR

- ☐ Learn more about behavioral strategies that help with ADHD
- ☐ Interested in starting behavioral therapy
- ☐ Not interested at this time

MEDICATION

- ☐ Learn more about medications that help with ADHD
- ☐ Interested in starting medication
- ☐ Not interested at this time

SCHOOL

- ☐ Inform school of diagnosis and discuss current help
- ☐ Determine if my child need's additional supports (504, IEPs)
- ☐ Learn more about Daily Report Cards (discuss establishing DRC with teacher)

For more information and resources, visit CHAAD.org.



Guiding Your Child with ADHD



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What is ADHD and How Does it Impact Your Child?

ADHD is a disorder caused by brain differences that can affect behavior, emotions, memory, planning, and thinking.

ADHD doesn't usually go away but will change over time. Younger kids may be more energetic and disruptive. Older kids may struggle more with managing their time, driving, or relationships.

Attention and hyperactivity are a part of ADHD, but it's more than that. Circle what you have noticed in your child:

- Quickly forgetting
- Low motivation
- Rushing
- Acting without thinking
- Trouble listening
- Can't finish things
- Losing things
- Struggles with big emotions
- Trouble sitting still
- Immature
- Difficulty fitting in

Here's the good news:

We know what works to manage this condition. Kids do best when they have a combination of behavior therapy, medication, and school supports! Without combined treatment, kids with ADHD may be at risk of:

- Getting in trouble (suspended/drop out of school)
- Risky behaviors (e.g., reckless driving, substance use)
- Social rejection
- Difficulty getting and keeping jobs, making less money

Behavior Therapy

Behavior therapy can help parents, teachers, and children manage symptoms, teach skills, and change habits to reduce the impact of ADHD on home, school, and social functioning.

In behavior therapy you will learn how to:

- Teach, notice, and reward positive behavior
- Set up your child's environment for success
- Keep track of behavioral patterns
- Develop positive schedules and organizational skills
- Manage emotional outbursts
- Reduce unwanted behaviors

You may already be doing some of these things!

Children with ADHD often require these parenting skills to be used creatively and consistently.

Research shows behavior therapy is the best place to start for most children with ADHD. It is strongly recommended before starting medications for children under 6 years of age.

Because kids with ADHD often forget what they're told, parents and families need to be heavily involved in delivering and coaching behavioral interventions.



Medication for Brain Differences

There are common, well-researched medications for managing ADHD symptoms. Medication can help reduce hyperactivity, impulsivity, and inattentiveness; but it often doesn't change ADHD habits or teach children and families the skills they need to manage ADHD.

Without medication, there can be a lot of symptoms left unmanaged and can become exhausting for caregivers.

- Think about ADHD treatment like wearing eyeglasses. Glasses don't fix your eyes, but they help you see only if you wear them!
- Your prescription for your glasses may also change over time, so you want to keep visiting your eye doctor to make sure you have the right glasses!
- The medication only works when you take it because ADHD medication wears off (typically in 4-10 hours).

Things you should know about starting medication:

- Treatment for ADHD doesn't increase a child's risk for long-term addiction and may reduce risk of substance use.
- Your pediatrician will work to find the right dose for your child so that it does not change their personality or who they are but helps manage their symptoms.