

ATTENTION DEFICIT HYPERACTIVITY DISORDER

How is ADHD treated?

A combination of medical and behavioral therapies is the best way to treat ADHD.

- There are several medications for treatment of ADHD, both stimulants and non-stimulants, and you should talk to your child's physician about whether or not using medication to treat ADHD is appropriate.
- Although some studies have shown that about 70% of people with ADHD get some benefit from medication, many parents opt to try behavioral therapy and other interventions first before adding medication.

Talk to a psychologist with expertise in treating ADHD to find out more about behavioral therapies.

Are there things that we can do at home or at school?

Yes. There are many things including social skills groups, parent training and school-based interventions.

- Structure with clear and consistent consequences – don't forget to point out all of the good things, too!
- Establish daily routines
- Use charts and remind him/her to refer to it for the next step
- Reduce television and video game time
- Encourage participation in organized athletics or community organizations
- Try martial arts; it provides a very structured environment with tangible rewards and emphasizes individual growth
- Get outside and play!
- Establish a healthy diet

Will my child always have ADHD?

An increase in ADHD symptoms is common in adolescence and may require changes to existing interventions. The symptoms of ADHD will change over time (e.g., less impulsivity or hyperactivity) and often continue into adulthood. However, individuals treated for ADHD develop strategies that lessen the impact the disorder has on their daily functioning.



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