

ADHD Handout for Parents

PATIENT INFORMATION

Name: _____ Age: _____

UNDERSTANDING ADHD

Overview: ADHD is a neurodevelopmental disorder characterized by inattention, hyperactivity, and impulsivity. Causes: ADHD is often caused by genetic, environmental, and neurobiological factors. It is not a result of parenting or social circumstances. Types of ADHD include Predominantly Inattentive, Predominantly Hyperactive-Impulsive, and Combined Presentation.

MANAGING ADHD

Medication: Stimulants and non-stimulants can help manage symptoms. Consult a healthcare provider for guidance. Behavioral Therapy: Techniques like positive reinforcement, structured routines, and time management can be effective. Lifestyle Changes: Regular exercise, a balanced diet, and sufficient sleep aid symptom management.

EXPECTED BEHAVIORS AND MANAGEMENT STRATEGIES

Inattention: Difficulty focusing, forgetfulness. Strategy: Use visual aids and break tasks into smaller steps. Hyperactivity: Excessive movement, restlessness. Strategy: Provide physical activity, and use 'energy breaks'. Impulsivity: Acting without thinking, interruptions. Strategy: Teach decision-making skills and practice patience through games.

SCHOOL STRATEGIES

IEP or 504 Plans: Individualized Education Programs (IEP) or 504 Plans provide tailored educational support. Discuss with school counselors or special education teachers for implementation. Teacher Communication: Regular updates with teachers can help track progress and adapt learning strategies.

TIPS FOR PARENTS

Create consistent routines: Establish predictable schedules for meals, homework, and bedtime. Set clear expectations: Use simple, direct instructions. Implement a reward system for positive behavior. Organize: Maintain an organized living and study space to minimize distractions.

SUPPORT FOR FAMILIES

Family Counseling: Helps understand ADHD and develop coping strategies. Support Groups: Connect with other families for advice and support. Examples include CHADD (Children and Adults with Attention-Deficit/Hyperactivity Disorder) and ADDA (Attention Deficit Disorder Association).

ADDITIONAL RESOURCES

Websites: Understood.org, Additudemag.com Books: "Driven to Distraction" by Edward Hallowell & John Ratey, "Taking Charge of ADHD" by Russell A. Barkley Organizations: American Academy of Child & Adolescent Psychiatry (AACAP), National Resource Center on ADHD

ADDITIONAL NOTES FOR FUTURE APPOINTMENTS

Additional Notes for Future Appointments