



Parenting a Child with ADHD

What is Attention Deficit Hyperactivity Disorder (ADHD)?

ADHD makes it hard for kids to focus and pay attention. Some kids may be hyper and have trouble sitting still.

They may know what's expected of them but have trouble following through because they can't pay attention or focus on details. Of course, all kids act this way at times.

But the difference with ADHD is that symptoms last longer and make it hard for a child to do well at home and school.

ADHD Can be Treated

Don't be upset if your child has ADHD. Now you can start helping your child build a bright future.

Some examples of treatment options include but are not limited to the following: therapy; school intervention plans (504 and/or Individualized Education Plan); community based services, nutrition based; etc. To find out about options in your area, talk to a Case Manager at 1.866.595.8133 from 8 a.m. - 5 p.m. They can also help you decide what options are best for your child.



First Appointment: What to Expect

Your healthcare expert will want to get to know your child. They will want to know the problems you want to be treated. They may ask about your child's background. They want to help you find your child's strengths and skills. Healthcare experts are bound by strict rules to keep your child's information private. The information you share will help them make the right treatment plan for your child.

Tips to Help Your Child

Work as a team with each person involved in your child's treatment. Include teachers, doctors, therapists and even other family members.

Use all the support and education that's available; you'll help your child succeed in handling his or her ADHD symptoms.

Be on the lookout for good behavior—and praise it. Praise will draw more out of your child than he or she knew they had in them.

Take care of yourself. Get enough rest and eat healthy foods. Try to give yourself a break. Now that you know how to help your child, things will get better.

Think about the joy that your child brings to your life. Focus on what makes your child special—his or her sense of humor, intelligence and energy.

Resources

Children and Adults with Attention Deficit/ Hyperactivity Disorder (CHADD)

www.chadd.org

National Attention Deficit Disorder Association

adda.org

American Academy of Pediatrics

aap.org

For a copy of this letter in another language, call Member Services at 1-866-769-3085 (TTY 1-855-742-0123). Para una copia de correspondencia en Española llame a servicio al miembro a 1-866-769-3085 (TTY 1-855-742-0123).

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