

## Who Should Use This Guide?

Many children have occasional difficulty with paying attention, sitting still, and/or controlling their behaviors. Sometimes this may be due to young age, adjusting to a new environment, anxiety, or a possible neurodevelopmental disorder, such as Attention-Deficit/Hyperactivity Disorder (AD/HD). If you are concerned about AD/HD, it may be worthwhile to have a comprehensive evaluation to determine the cause of your child’s inattention.

## Tips for Parents

### Assessment

- Pediatricians can provide screening measures to determine if your child may have symptoms of AD/HD. If symptoms exist, then your pediatrician will likely give you a referral to a psychologist to do comprehensive testing. Comprehensive testing is required for an accurate diagnosis.
- A psychologist will spend several hours with your child, evaluating your child’s cognitive ability, academic skills, executive functioning, and social-emotional functioning.

### Treatment

- Research recommends that treatment consisting of parent and child education, behavior therapy, and medication has the best results.
- Parent training in behavior management teaches parents to focus on providing clear and consistent expectations, structure, and appropriate consequences for your child.
- Avoid battles, instead give your child choices and praise them for positive behaviors. Remain calm and neutral during difficult times.
- Organizational systems will help your child stay on task and assist with following directions in the home.
- Certain medications such as stimulants and nonstimulant medications can help your child focus and decrease impulsivity.

### School

- If your child is having difficulty in school with organization and time management, your child may qualify for environmental supports in the classroom through a 504 plan. Environmental supports may include extra time for tests and assignments, extra books at home, organizational checklists, and preferential seating. If you feel your child needs these types of accommodations, ask your school if your child qualifies for this type of plan.
- If your child’s symptoms are significantly impacting their academic performance at school, you can ask your school to perform a comprehensive evaluation, known as a Multi-factored Evaluation (MFE) or Evaluation Team Report (ETR) to determine your child’s need for an Individualized Education Program (IEP). An IEP would provide academic accommodations in the classroom in addition to environmental supports.

## Homework

- Homework time can be very difficult for you and your child. Here are some things to remember:
  - Create a system with the school to ensure homework comes home
  - Set a specific homework time and consistent location for homework
  - Assist in helping your child breakdown large assignments and creating a time-line for large projects
  - Stay nearby your child and coach them with positive words and reinforcement
  - If you child has worked for too long and is stressed, let him/her stop and write a note to the teacher explaining what happened.
  - Assist your child in packing up his homework to return to school. Have a system to ensure that homework returns to school with color-coded folders and a backpack.
  - Praise your child for their efforts and hard work.

## Coexisting Conditions

- The following are other conditions/symptoms that may also be present with AD/HD:
  - Anxiety/Depression
  - Learning Disabilities
  - Oppositional Defiant Disorder
  - Social Skill Deficits
- If your child has other conditions/symptoms, it is important to receive comprehensive treatment by a psychologist or counselor. Research supports the use of Cognitive-Behavioral and Behavioral Therapy to reduce symptoms of anxiety, depression, and behavior problems and to increase your child’s coping skills.

## Books & Web Sites

**CHADD.ORG, Children and Adults with Attention Deficit/Hyperactivity Disorder**

Dr. Russell Barkley’s ***Taking Charge of ADHD: The Complete, Authoritative Guide for Parents***

## Local Resources

**Your Child’s Local School District**

**Daily Behavioral Health**, 14538 Grapeland Avenue, Cleveland, Ohio 44111, 216-252-1399,  
[www.dailybh.com](http://www.dailybh.com) Offices in West Cleveland and Avon

**This Guide Provided By:**

