

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