



Parents of Children with ADHD

- Many parents may experience a sense of stress or defeat when trying to help their child with ADHD⁴.
- 9.5% of children ages 4-17 years old were diagnosed with ADHD in 2011-2013⁵.
- If you are unsure if your child has ADHD, know that ADHD presents itself differently in all children & the symptoms listed on the previous page can vary in type and magnitude from one child to another⁶.



The Facts About ADHD

What is ADHD?

Attention Deficit Hyperactivity Disorder (ADHD) is a neurobehavioral disorder found most commonly in children⁶. The highest prevalence of the disorder is among children ages 4-17 years old. ADHD is also diagnosed at higher rates among boys than girls⁵.

Symptoms of ADHD

There are several behavioral symptoms that indicate a child may have ADHD. These symptoms include:

- Inability to pay attention
- Forgetfulness
- Hyperactivity³
- Carelessness
- Aggression/Disruptive behaviors⁴.

Attention Deficit Hyperactivity Disorder (ADHD)



Do You Have a Child With ADHD?



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Treatment Options for Children with ADHD

Psychostimulants

Psychostimulants are usually the prescribed medicine-of-choice for many psychiatrists when treating children with ADHD. *Methylphenidate (MPH)* is a stimulant medication that is most often recommended by doctors⁶.

PROS:

- Help reduce many core behavioral symptoms associated with the disorder.
- Improvements in learning, decision-making, and social communications⁴.

CONS:

- Questionable long-term effects
- Side effects include: changes in mood, loss of appetite, and sleep disruption⁶.
- Short-term and time-restricted solution⁴.

Psychosocial therapy

Psychosocial approaches to treatment include educational-based support strategies and behavioral skills training for both the child and their parents⁴.

PROS:

- Helps child decrease number of disruptive behaviors & practice the skills needed to succeed in all environments.
- Includes training for both the child and the parent.
 - *Parent* learns how to strengthen the relationship with their child.
 - *Child* learns how to handle their feelings using more positive and creative outlets.
- Long term benefits¹.

CONS:

- Longer time period before seeing positive results
- Not guaranteed to work for all children

Resources for Finding A Solution

Where to look:

Online directories for finding therapists in your area include:

- *The American Psychological Association Psychologist Locator*
- *American Association of Marriage and Family Therapy Locator*

If you are covered by health insurance, you may want to call your provider & ask for a directory of professionals that are within your network.

What to look for:

When viewing profiles of therapists, look to see if they have been trained or certified in these programs that have been proven to be more effective in children with ADHD:

- Parent-Child Interaction Therapy (PCIT)
- Incredible Years Parent Program
- Triple P – Positive Parenting Program
- New Forest Parenting Programme²

Resources

1. Behavior therapy for children with ADHD - An overview. (2016). In N. C. o. B. D. a. D. Disabilities (Ed.), *Center for Disease Control and Prevention*. Atlanta, GA: Department of Health and Human Services.
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4. Modesto-Lowe, V., Danforth, J. S., & Brooks, D. (2008). ADHD: does parenting style matter? *Clin Pediatr (Phila)*, 47(9), 865-872. doi:10.1177/0009922808319963
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