



You have learned that your child has attention-deficit/hyperactivity disorder (ADHD). You have a treatment plan (such as medicine or a behavior plan) in place. As your child gets older, he or she may continue to have symptoms. Because of this, ADHD may need to be treated on an ongoing basis. To get the most from treatment, stay in touch with your child's healthcare provider.

Why is it so important to see the healthcare provider regularly? **Because:**

- **Your child is actively growing.**

As he or she grows, your child may have new demands at school. This may require a change in medicines, dosage, or behavior plans (such as a plan for completing homework).

- **Your healthcare provider needs your input.**

No one knows your child better than you do. The healthcare provider needs to hear from you regularly about how things are going.



At follow-up visits, you, your child, and the healthcare provider will talk about your child's symptoms, progress, and any side effects. Be sure to include information from your child's teacher during your follow-up visits.

At first you may need to see your child's healthcare provider once a month. Once your child's symptoms are stable, you may visit every 3 to 6 months. The healthcare provider

will decide how often you will need to visit based on a few factors. These can include:

- Your child's needs
- The kind of medicine prescribed
- The healthcare provider's judgment

Teamwork between you, your child, and the healthcare provider is the key to treatment success!

Getting the most out of the follow-up visit

Before the visit:

- Gather report cards, notes from your talks with teachers and coaches, etc
- Think about how things have been going at home, at school, and with others (such as friends, classmates, and family)
- Bring any notes or progress trackers you use to keep track of your child's symptoms

During the visit:

- Tell the healthcare provider about progress you notice
- Tell the healthcare provider about any concerns you have, such as side effects, or behavior or mood problems
- Write down notes to help you remember

After the visit:

- Schedule a follow-up visit or phone call
- Keep tracking progress