



Your child has received a diagnosis of attention-deficit/hyperactivity disorder (ADHD). The next step is to find a treatment plan. This can help your child succeed at school, at home, and in getting along with others. You may have concerns about the treatment plan. Here are 2 important things to know:

- **Almost all children with ADHD can be helped by a treatment plan**
- **There are many medicines approved to treat ADHD**

Types of treatment

The most common treatments for ADHD are medicines and behavior therapy. These treatments do not cure ADHD. They help control it and teach new behaviors.

- **Medicines** can help treat problems with attention and being overly active. They can also help with self-control. There are 2 kinds of ADHD medicines. They are called *stimulants* and *nonstimulants*. These medicines work differently. They also have different kinds of side effects. Your child's healthcare provider may have to change doses or medicines a few times to find one that is best for your child. Be sure to give your child's medicine just as your healthcare provider tells you.
- **Behavior therapy** teaches your child skills to deal with choices and rules. This means that rewards (like praise) can be given for good behavior. Penalties (like time-outs) can be given for behaviors you want to change.



Both treatments may work best when used together. Work closely with your healthcare provider to find the treatment plan that works best for your child.

Questions to ask the healthcare provider about the treatment plan

Check the questions you want to ask at your next visit. Add any others you may have.

- What are the differences between stimulant and nonstimulant medicines?
- What side effects should I watch for?
- When will the medicine start working? How long will its effects last?
- How long will my child need to take medicine?
- Will behavior therapy help my child? If so, how can I find a therapist?

- When do we need to return for a follow-up visit to review how well the treatment plan is working?

Date: _____

Time: _____

Other questions: _____
