



# 9 TIPS

## Knowledge is Power

These tips are designed to help you find hope, understand, learn about and deal with mental health issues everyday.

## Attention Deficit/Hyperactivity Disorder - Tips for Parents

1. **Participate in your child's treatment.** Be actively involved in creating a treatment plan and setting treatment goals for your child and family. Assist your child in practicing the skills and techniques that he/she is learning in treatment.
2. **Communicate regularly with your child's teachers, doctor and therapist.** Ask questions whenever something is unclear. Communicate regularly with your child's teacher to stay aware of your child's behaviors and progress at school. Keep a file of your child's treatment records and ask for copies of treatment plans and individual education plans (IEP's).
3. **Practice skills** you learn for working with your child. Behavior modification techniques used by parents can be very helpful to children with ADHD, if the parents continue to use them. Talk to your child's therapist if certain techniques don't seem to be effective so you can work together to modify and improve them.
4. **Take care of your child's physical health.** Be sure to take your child to his/her Primary Care Physician (PCP) for an evaluation to rule out possible medical conditions that might worsen the ADHD symptoms. Inform the PCP of the treatment your child is receiving for ADHD, including medications. Individuals with ADHD sometimes have sleep difficulties. Make sure your child has a healthy routine, good nutrition and regular physical activity; these promote adequate sleep and regulate your child's mood and energy level.
5. **Be in charge of your child's medication.** Keep all medication out of your child's reach. Monitor your child in taking the medication and be sure school staff are doing the same. Pay attention to how your child seems to react to the medication (keep a record) and communicate reactions and any side effects to your child's medication prescriber.
6. **Be alert to your child's symptoms.** Often children with ADHD have other emotional or developmental difficulties that can be effectively treated if they are recognized. These difficulties can include symptoms of depression or anxiety, learning disabilities, and anger problems.
7. **Learn about ADHD** and how parents can help their children manage ADHD symptoms. Ask for written materials, and read information on the Internet or from the library. One place to start is the website for Children and Adults with ADHD (CHADD): [www.chadd.org](http://www.chadd.org). ADHD is *not* caused by parents or parenting styles, but parents can play a big role in helping children with ADHD manage their symptoms and lead happy, productive lives.
8. **Get support for yourself.** Parenting a child with ADHD can be challenging and frustrating at times. Get support for yourself from friends, family members, or other parents of children with ADHD. Ask your mental health provider for information about parent support groups such as Children and Adults with ADHD (CHADD).
9. **Be hopeful.** Individuals with ADHD can and do recover and live full and productive lives.



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