

ADHD

Attention-Deficit
Hyperactivity Disorder

Read. Ask Questions. Think. Decide.



If a doctor is evaluating your child for ADHD, these cards are for you.

These cards will help you and your child set goals for treatment. It provides an overview of treatment options available to you.

The booklet lists more information on treatment options. The booklet also lists resources available to you. The booklet will help you to determine if your child reaches the goals you set in these cards.

Share these cards with your child's doctor. Talk with the doctor about your goals and work together to make a treatment plan.

Even if you choose to let the doctor decide what treatment(s) to give your child for ADHD, you need to be well informed and monitor progress toward your goals.

Updated: 04/19/2011

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1. WATCHFUL WAITING

INTRODUCTION

Watchful waiting means that you do not start active treatment yet.

You and your child's doctor watch your child to see how he or she performs at home and school.

If you become worried by your child's struggles, you can start active treatment at any time.

BENEFIT

**You do not have to deal with the possible side effects from medicine.
You can always change your mind and begin active treatment.
It is low in cost (i.e. time, money).**

DOWNSIDES

- Your child's struggles at home and school will likely continue or get worse.

2. BEHAVIORAL TREATMENT

INTRODUCTION

Behavioral treatment is an active treatment where parents and teachers can learn methods to help children with ADHD. Three types of methods have been proven to improve performance at school and at home:

Methods for parents to use at home

In studies where this helped, parents met in groups with other parents. Parents learn how to manage their child's problems caused by ADHD. They learn how to give better commands, set small goals, and use time-outs, reward systems, and point systems. The groups meet between 8 and 16 times. Parents often get support from being in a group with other parents of children with ADHD.

Methods for teachers and parents to use to improve classroom performance

Teachers can use many of the same methods as parents to help children behave in class (e.g. setting small goals, using time-outs, reward systems, and point systems). In studies where this helped, teachers, classroom aides, and

tutors received formal training on methods that are helpful for children with ADHD. This was important because many teachers receive no formal education about ADHD during their training. There are key differences in the types of methods that work best for children with ADHD compared to those without ADHD.

Methods to improve peer relations in classroom and play settings

Children learn how to more effectively interact with and relate to their peers (e.g. social skills training). This helps children make and improve friendships with their peers in classroom and play settings. In studies where this helped, children attended a Summer Treatment Program that lasted all day for 5 to 8 weeks. It is important to know that social skills programs that meet once or twice a week at a clinic or hospital are not as helpful as the summer programs that work with children in real world settings.

BENEFIT

Here is our best guess of what will happen to 100 children with ADHD if they get behavioral treatment alone for 14 months.



34 Number who have self-control and focus as well as the average child their age who doesn't have ADHD

66 Number who don't improve to that level

DOWNSIDES

- Behavioral treatments take time for parents, teachers, and children to do.
- Behavioral treatments cost money (to you and/or your insurance plan).
- Formal programs may be limited nearby. There may be a wait list to access the programs that are available.

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3. MEDICATION TREATMENT

INTRODUCTION

Medication treatment is an active treatment that uses drug therapy to control ADHD symptoms.

Parts of the brain help children pay attention. Medicine for ADHD works by helping the brain send messages to these parts of the brain. This helps children to pay attention.

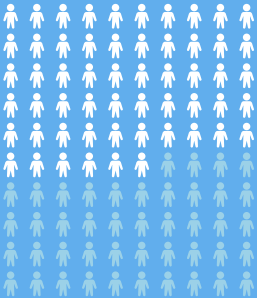
There are two types of medicines that can be used. One type is called stimulants and the second is called non-stimulants. Stimulant medicines are often tried first. In studies, more children benefit from

stimulant medicines than non-stimulant medicines.

Unlike other medicines, the right amount of ADHD medicine is not based only on your child's weight. Instead, you must work with your child's doctor to try a range of doses (lower, medium, higher) and see how your child responds. You and your child's teacher will need to watch your child closely and complete evaluation forms. You will also need to stay in close contact with the doctor's office through follow-up calls and visits.

BENEFIT

Here is our best guess of what will happen to 100 children with ADHD if they get medication treatment alone for 14 months.



56

Number who have self-control and focus as well as the average child their age who doesn't have ADHD

44

Number who don't improve to that level

DOWNSIDES

- Medicine costs money.
- Your child may have side effects. These are usually minor and decrease as a child gets used to the medicine. Side effects of stimulant medicines include:
 - **Most common:** Decreased appetite, trouble falling asleep, stomach aches, headaches, increased crabiness, social withdrawal, anxiety and/or crying. Some children are more active or get in a bad mood when the medicine is wearing off.
 - **Less common:** Tics (i.e. muscle twitches, movements, or unusual vocal sounds that a child can't control).
 - **Rare:** Increased heart rate and/or blood pressure, growth delay, hallucinations.

Talk with your doctor to discuss these side effects in more detail.

4. COMBINED TREATMENT

INTRODUCTION

Combined treatment means the child gets both behavioral and medication treatments. See prior sections which describe behavioral and medication treatments.

Compared to children who only take medicine, children who get combined treatment need 19% less medicine to improve the same amount. As a result, side effects may be less severe on lower amounts of medicine.

BENEFIT

Here is our best guess of what will happen to 100 children with ADHD if they get both behavioral and medication treatments for 14 months.



68 Number who have self-control and focus as well as the average child their age who doesn't have ADHD

32 Number who don't improve to that level

DOWNSIDES

- Behavioral treatments take time.
- Behavioral treatments and medicine cost money.
- Your child may have side effects from medicine.

GOALS / PREFERENCES

PLEASE REMEMBER TO FILL OUT THIS WORKSHEET AND BRING IT TO YOUR CHILD'S NEXT APPOINTMENT.

To get started, please complete the following sentences regarding you and your child's treatment goals.

What would you like to see change? _____

What would your child like to see change? _____

Please answer the following questions about pre-existing heart problems.

Does your child have a history of...
Heart disease?..... Yes No
Palpitations or feeling
his/her heart flutter?.. Yes No
Passing out?..... Yes No
Seizures?..... Yes No

Does anyone in your family have a history of...
Sudden death in children
or young adults?..... Yes No
Hypertrophic
Cardiomyopathy?..... Yes No
Long QT syndrome?..... Yes No

What do you like most and least about each treatment option?

	Most	Least
Watchful Waiting	_____	_____
Behavioral Treatment	_____	_____
Medication Treatment	_____	_____
Combined Treatment	_____	_____

Please check all the options you want to discuss with your child's doctor.

- Watchful waiting Please fill out the box below
- Try a behavioral treatment Please fill out the orange card (behavioral treatment)
- Try a medication treatment Please fill out the blue card (medication treatment)

WATCHFUL WAITING

IF YOU ARE INTERESTED IN TRYING WATCHFUL WAITING...

What problems or behaviors will you watch for? _____

How do you know when to try an active treatment? _____

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BEHAVIORAL TREATMENT

IF YOU ARE INTERESTED IN TRYING BEHAVIORAL TREATMENT...

In order to decide which behavioral options to try, it may help your child's doctor to know what you've done in the past and what you are doing now. Please think about methods you've done and answer these questions.

What behavioral methods...

...have you tried in the past ...are you currently trying ...are you interested in trying next

Methods for teachers & parents to use to improve classroom performance:

Seat child in front of class near the board.

Utilize a daily report card for teacher to communicate with parents.

Meet with your child's teacher to set goals and develop a plan.

Request in writing that child's school tests for learning disabilities.

Other:

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What behavioral methods...

...have you tried in the past ...are you currently trying ...are you interested in trying next

Methods for parents:

Watch an episode of "Supernanny" that deals with children who have ADHD.

Read a book about managing behaviors for ADHD children.

Visit a website about ADHD.

Call a psychologist recommended by your doctor to ask about services offered for ADHD.

Call Cincinnati Children's to ask about "Understanding & Managing ADHD" groups.

Attend a support group for parents to learn about managing ADHD.

Other:

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