

Tips for families

Your doctor has told you that your child has Attention Deficit Hyperactivity Disorder (ADHD).

We can help you get started. These tips will help you find out what you can do to meet your child's needs.



Call

For more information:

 (866) 796-0530

(TTY users should call toll-free at 711.)

SunshineHealth.com

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sunshine health™

Attention Deficit Hyperactivity Disorder (ADHD)



Tips for families

1. Learn all you can about ADHD

You can find help online at:

- Children and Adults with Attention Deficit/Hyperactivity Disorder (CHADD) www.chad.org
- National Attention Deficit Disorder Association www.adda.org
- American Academy of Pediatrics www.aap.org

Other places you can get help are your child's doctor, counselor and teachers.

2. Make a Plan for a Calmer Home

A therapist or counselor can help develop a plan for your home. This plan can help with behavior problems and make your home a happier place. Share the plan with the school and your doctor so everyone is giving your child the same message.

3. Learn all you can about ADHD Medicine

Keep all medicine out of reach of your children. As you start new medicine, watch how it makes your child feel. Sometimes it can cause children to be less hungry or have stomach aches. It can cause sleep problems, headaches or dizziness. Most of the time this is mild and goes away as your child gets used to the new medicine. Call your doctor if you have any questions.



4. Go to All Doctor Appointments

Talk about how things are going with the medicine and at school and at home. Ask questions. If everything is going well, the doctor will want to know, so don't miss any appointments.

5. Play!

Make sure your child has time to get outside and exercise. Better yet, play together with your child! Blowing off that extra energy can be helpful in managing some ADHD symptoms.

6. Join a Support Group

There are links to support groups in your area on the websites listed under No. 1. Spending time with other families with kids with ADHD can help lower stress and give answers.

7. Don't Give Up

Not all tips and ideas will be right for you. However, with love, some work and time, your child will get better.

8. Talk to Friends and Family

Tell people what's going on so they can help you in your efforts with your child.