

Recommended Treatment Plan for ADHD

No single treatment is the answer – talk with your healthcare provider(s) and ask questions! √ areas you have discussed

- Review** ADHD educational resources and websites.
- Parenting Programs:** Children/youth with ADHD have unique needs and require specialized parenting skills. Parenting programs teach the skills necessary to help you and your child/youth reduce conflict and increase positive behaviour. (COPE Parenting and Triple “P” are examples of parenting group).
- Behaviour Modification:** Check out group programs in your area that teach children skills such as problem solving, how to make good choices, etc.
- School Consultation:** Set up a meeting with the classroom teacher to discuss how you can work together to support your child – continue to meet on a regular basis to discuss updates and progress.
- Social Skills Development:** Kids learn best while playing. Participation in recreational, structured activities is recommended (swimming, soccer, drama, martial arts, etc.) for increasing social skills and self-confidence.
- Parent Support:** Connect with CHADD Canada (Children & Adults with Attention Deficit Disorder). For a chapter meeting in your community or to get on-line email support, go to <http://www.chaddcanada.org>.
- Discuss medication** options with your Healthcare Provider – get the facts!
- Routine Medication Review:** Arrange regular follow-up appointments to monitor medication. This is important so that you and your healthcare provider can determine the right type and amount of medication to help your child/youth achieve optimal treatment. Contact your family practice if you have any concerns about the medication and do not stop or change the dosage without speaking to your family practice first.