

— THINK YOUR CHILD HAS ADHD? —

start with these 3 steps

Talk to their teacher:

- Explain what you have seen at home and ask if they have any similar concerns.
- Find out how your child is doing academically *and* socially.
- Ask if the teacher has tried any interventions in the classroom or if they have suggestions for you at home
- Anything else going on in the classroom that might be affecting concentration (such as bullying)?
- See if they recommend psycho-educational testing.

Talk to your child:

- Ask how they feel about school, and how they feel in general
- ADHD and mood disorders/anxiety can often look the same in children so figuring out if your child is struggling with these conditions can be very helpful.

Talk to your pediatrician:

- Talk about your concerns, the teacher's concerns, and any other patterns you've noticed (esp related to mood/anxiety)
- Be prepared to discuss sleep, diet, physical activity, and whether there have been any other stressors at home
- Find out if any family members have had issues with ADHD
- Talk about next steps: may include screening questionnaires from teachers/parents/coaches, psycho-educational or neuro-psych testing, or more.