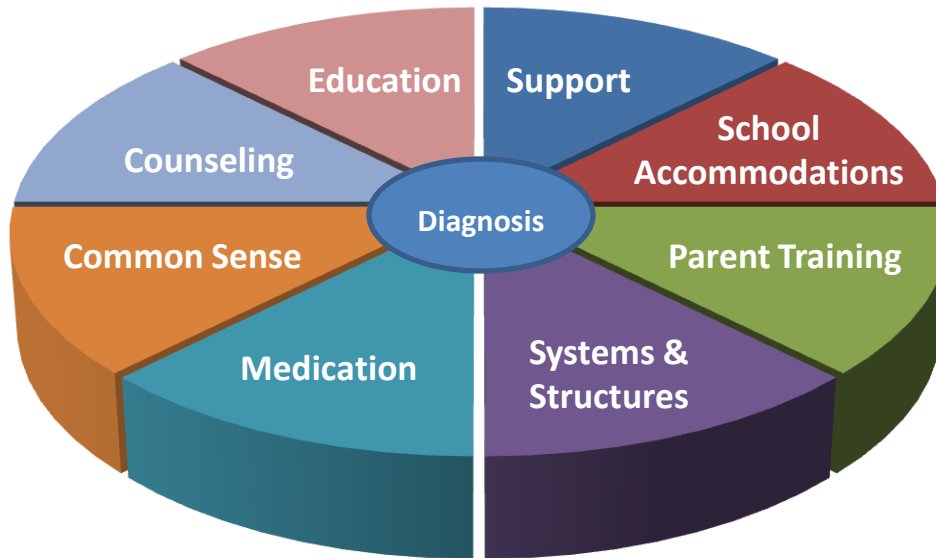


The Arlington Center

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Treatment for ADHD (Children)



Helpful Resources:

ADDitudemag.com
CHADD.org
ADDvance.com
MyADHD.com
ADDwarehouse.com

- **Diagnosis:** You have to know what it is before you can do something about it
- **Education:** Learn What you can about ADHD- the more you know, the more you can help your child
- **Support:** Support groups (CHADD), ADD “coach”, resource groups, college support staff, social skills group, homework coach, etc.
- **School Accommodations:** 504 Plan accommodations, IEP Services, case-study evaluation- learning disability testing, tutoring
- **Parent Training:** Parenting in ways that are often more effective for ADHD children- behavioral modification to motivate for routine and required tasks- to increase compliance, focus on incentives not rewards, 1-on-1 time
- **Systems & Structures:** Organizational strategies & systems, time management, homework helps- study skills helpful for ADHD students
- **Medication:** Symptom based treatment worth considering- if impairment is evident- does not “cure” ADHD- addresses symptoms- not the only piece of treatment- not *always* helpful- but helpful most times
- **Common Sense:** Attend to sleep, exercise, nutrition, allergies, other medical issues
- **Counseling:** For support, medication management, moods or emotional issues, coping skills, family and marriage issues, addictions, ADHD issues with parent, etc.