

FREQUENTLY ASKED QUESTIONS

What are the presentations of Attention Deficit Hyperactivity Disorder (ADHD)?

According to the DSM-V (The Diagnostic and Statistical Manual of Mental Disorders), ADHD is typically diagnosed as one of these 3 presentations¹:

- **Inattentive only**
- **Hyperactive/Impulsive**
- **Combined Inattentive/Hyperactive/Impulsive**

The American Academy of Pediatrics (AAP) and the American Academy of Child & Adolescent Psychiatry (AACAP) provide important information for caregivers of children with ADHD. Here are their answers to some of the most commonly asked questions:

Will my child outgrow ADHD?

ADHD continues into adulthood in most cases. However, by developing their strengths, structuring their environments, and using medication when needed, adults with ADHD can lead very productive lives.²

Why do so many children have ADHD?

The number of children who are being treated for ADHD has risen. It is not clear whether more children have ADHD or more children are being diagnosed with ADHD. ADHD is now one of the most common and most studied pediatric conditions. Due to greater awareness and better ways of diagnosing and treating this disorder, more children are being helped.²

Is there a cure for ADHD?

At this time, there is no scientifically proven cure for ADHD. The proper medication and treatment plan can help manage the symptoms of ADHD, but may not alleviate them altogether.^{2,3}

What causes ADHD?

Research to date has shown that ADHD is a biological condition whose symptoms are also dependent on a number of factors, including family genetics.²

Additional comments from your healthcare provider:

See the next page for helpful tips

TIPS TO HELP YOU AND YOUR CHILD WITH ADHD*:

- Carefully follow your child's medication plan**

According to the American Academy of Child and Adolescent Psychiatry (AACAP), medication allows a child with ADHD to function better during everyday scenarios at school, home, and in the community. It is important to follow the medication plan your healthcare provider has established for your child. If you have any questions or concerns, please contact your healthcare provider.³
- Stay in contact with your child's teacher**

Teachers can provide valuable insight into how your child is doing in the classroom. Ask the teacher to create a weekly report on your child's behavior, learning patterns, and how ADHD symptoms may be affecting their progress.²
- Build a routine**

Discuss upcoming schedule changes with your child, and take time to build a daily routine that will work for your family.³
- Help your child stay on task**

Use charts and checklists to track progress with homework or chores. Keep instructions brief and offer frequent, friendly reminders.²
- Set specific goals**

Set clear and reasonable goals with your child, such as staying focused on homework for a specific amount of time or sharing toys with friends. Give your child positive reinforcement after they complete each goal.²
- Reward positive behavior**

Offer kind words, hugs, or small prizes for reaching goals in a timely manner or for good behavior. Praise and reward your child's efforts to pay attention.²

*The tips listed above are limited. Talk to your healthcare provider about the best treatment approach for your child before implementing any of these tips.

References: **1.** Attention-Deficit/Hyperactivity Disorder. In: American Psychiatric Association. *Diagnostic and Statistical Manual of Mental Disorders*. 5th ed. Arlington, VA: American Psychiatric Association; 2013:59-66. **2.** American Academy of Pediatrics. *Understanding ADHD: Information for parents about Attention-Deficit /Hyperactivity Disorder*. Elk Grove Village, IL: American Academy of Pediatrics; 2001. **3.** ADHD Parent Medication Guide. American Academy of Child & Adolescent Psychiatry Web site. https://www.aacap.org/App_Themes/AACAP/Docs/resource_centers/adhd/adhd_parents_medication_guide_201305.pdf. Updated July 2013. Accessed June 11, 2015.

For more information about ADHD, talk to your healthcare provider.

See previous page for frequently asked questions about ADHD.

