

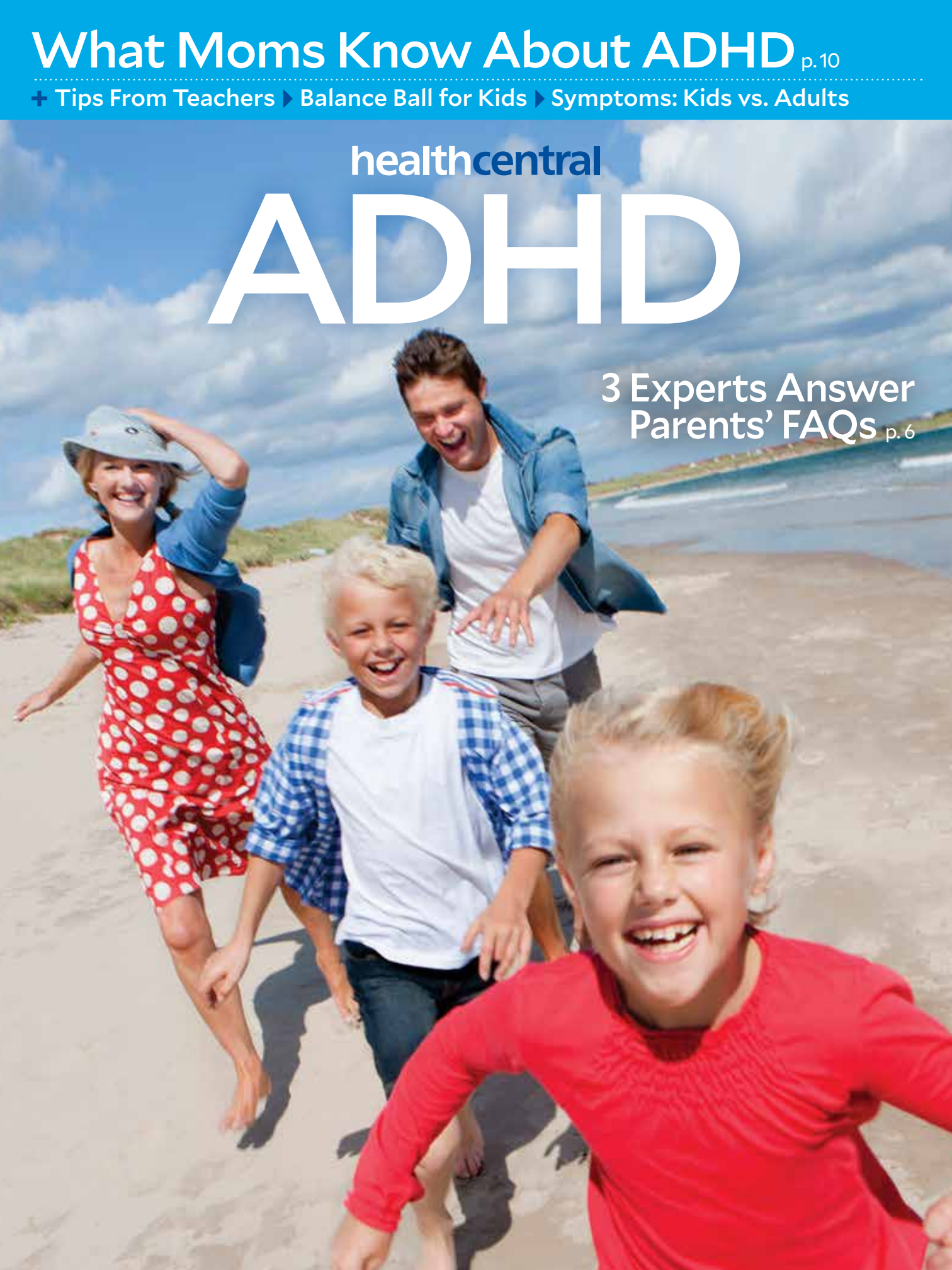
What Moms Know About ADHD p.10

+ Tips From Teachers ▶ Balance Ball for Kids ▶ Symptoms: Kids vs. Adults

healthcentral

ADHD

3 Experts Answer
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WELCOME to HealthCentral's guide to **ADHD**. In these pages, you'll find research news, insights from parents and experts, and tips for dealing with ADHD every day.

For more information, go to [HealthCentral.com/ADHDGuide](https://www.healthcentral.com/ADHDGuide).



Cooperative Learning vs. Traditional Teaching

THE CLASSROOM is where many children learn to relate to others, so it's especially key for kids with ADHD to have positive relationships with their school peers.

Researchers wanted to find out if cooperative learning (a.k.a. group learning) could help those with ADHD become better integrated and more accepted by classmates. Cooperative learning involves students working in small, organized groups to reach a shared goal.

For the small study, published in the *Journal of Attention Disorders* (Aug. 2016), half of the kids with ADHD (ages 6 to 10) went to classes where cooperative learning was employed, while standard teaching methods were used with the other half. The same material was taught to both sets of children, and kids without ADHD were also in the classes. The outcome: Teachers noted a boost in cooperation skills only in the students involved in group learning. Also, in the cooperative classes, more classmates chose to play with kids who had ADHD symptoms.

To Sleep, Perchance to Behave

Sleep may be especially important for a child who has ADHD. In a small sleep study involving 11 children with ADHD and 15 children without it, researchers asked caregivers to put their kids to bed 90 minutes earlier than usual for five consecutive days and re-record sleep onset and wake times. Children without ADHD who slept longer showed no gain in impulse control in the morning or evening. For kids with ADHD, however, extra sleep improved impulse control significantly, by 13 percent. The study was published in the *Journal of Attention Disorders* (May 2019).

If your ADHD child struggles with sleep, talk to their doctor. It could be a sign of anxiety or depression, or a full sleep study may be needed.

30

Percentage of kids diagnosed with ADHD who are treated with medication only.



BALL OR CHAIR: WHICH IS BEST FOR ADHD?

Therapy balls (a.k.a. balance balls, sensory balls, or stability balls) have long been used for fitness and physical therapy. Now, researchers are looking into whether these tools could help improve classroom behavior and writing performance, especially for kids with attention deficits.

In a small study published in the *International Journal of Academic Research in Business and Social Sciences* (April 2018), a few students with ADHD replaced their traditional classroom chairs with sensory balls. The balls may have allowed the kids to burn off excess energy by bouncing slightly. Keeping balanced on the ball may also have been more engaging—for the brain and core muscles. The researchers found gains in overall classroom behavior, but only a slight uptick in writing proficiency. So, for many kids with ADHD, therapy balls may help.



ADHD IN KIDS VS. ADULTS

The main ADHD symptom categories are inattention, hyperactivity, and impulsiveness, but they can look different in kids versus adults. Here are some ways these characteristics can be displayed by each.

HYPERACTIVITY

CHILDREN

- ▶ Often in motion (whole body)
- ▶ Run and climb excessively
- ▶ Often fidget or squirm
- ▶ Cause classroom distractions by getting up, dropping pencils, and the like
- ▶ Have difficulty sitting still
- ▶ Talk excessively

ADULTS

- ▶ Frequently in motion (parts of body)—tapping feet, doodling, fidgeting
- ▶ Easily bored
- ▶ Move from job to job
- ▶ Often leave projects uncompleted
- ▶ Restless
- ▶ Have trouble sitting still
- ▶ Like active, risky, fast-paced activities and jobs

INATTENTION

CHILDREN

- ▶ Often easily distracted
- ▶ May make careless schoolwork mistakes
- ▶ Tend not to pay attention to details
- ▶ May have short attention span for age
- ▶ Often avoid homework/schoolwork
- ▶ Don't seem to listen when spoken to
- ▶ Often don't complete projects/chores
- ▶ May move from activity to activity
- ▶ May be disorganized
- ▶ Often lose things
- ▶ Can be forgetful

ADULTS

- ▶ Often lose or misplace items (keys, phone numbers, important papers)
- ▶ May forget routine tasks
- ▶ Often leave tasks uncompleted
- ▶ Can be easily distracted, moving from task to task
- ▶ Often have difficulty following conversations
- ▶ May lack self-motivation
- ▶ May lose track of time
- ▶ May be disorganized
- ▶ Often have problems prioritizing
- ▶ May lack focus

IMPULSIVENESS

CHILDREN

- ▶ May seem rude or have behavioral problems
- ▶ May blurt out comments in conversations or in school
- ▶ May have problems waiting their turn
- ▶ Often interrupt others and/or jump into games other kids are playing
- ▶ May act without thinking about risk (e.g., jumping from the top of a slide or running into the street)

ADULTS

- ▶ May have financial problems or spend money impulsively, wreaking havoc on household budget
- ▶ May drive fast, gamble, have risky sex
- ▶ Often interrupt others in conversation
- ▶ May blurt out offensive or hurtful comments without thinking
- ▶ May have low frustration tolerance
- ▶ May have frequent mood swings
- ▶ May have a hot temper
- ▶ Often have trouble coping with stress
- ▶ May have trouble holding a job
- ▶ May get in trouble with the law
- ▶ May misuse alcohol or other substances

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For more info, go to [HealthCentral.com/ADHDGuide](https://www.healthcentral.com/ADHDGuide).



You love your child with ADHD, but sometimes you get into conflicts that you regret. Take a breath or two, and try this advice for keeping things calm.

Attention-deficit hyperactivity disorder (ADHD) looks distinctly different in every child (and adult) who has it. While it's associated with a set of core symptoms—inattention, distractibility, forgetfulness, hyperactivity, and poor impulse control—some people struggle primarily with the inability to pay attention while others deal with hyperactivity. This can make it a puzzle for professionals and parents alike.

An estimated 9.4 percent of U.S. kids, ages 2 to 17, have been diagnosed with ADHD, according to the Centers for Disease Control and Prevention—and it's believed that many others have the condition but are undiagnosed. No one knows precisely what causes ADHD, but there is a genetic or hereditary component, so it often runs in families. To receive the diagnosis, a child must have symptoms severe enough to interfere with daily functioning in at least two settings, such as school, home, or social situations.

“Children with this condition have less voluntary control over their attention, their level of activity, and how quickly they make decisions, so parents can become frustrated, impatient, and demoralized,” says Richard Gallagher, PhD, an associate professor of child and adolescent psychiatry at NYU Langone Health in New York City. To help out moms and dads, Dr. Gallagher and other pros outlined common challenges and offered problem-solving strategies:

■ **Mornings are hell—you can't get your child up and out the door in a timely fashion.**

Create a schedule with a checklist of tasks your child is expected to complete in the morning—getting dressed, making their bed, eating breakfast, and brushing their teeth, suggests Sanford Newmark, MD, a clinical professor of pediatrics and director of clinical programs at the Osher Center for Integrative Medicine at

the University of California San Francisco. “Have your child check things off as they're completed, and reward them for being cooperative.” The night before, make sure your child's pack is ready to go, with homework inside.

■ **It's often a struggle to get your son or daughter to do what you ask.**

Get your child's attention, using eye contact, and make your requests clear and short, Dr. Gallagher advises. Then, ask them to repeat what you've said. When they follow through on a request, praise them for a job well done; positive reinforcement can inspire a repeat performance.

■ **At school, your child is fidgety and restless and has trouble sitting still.**

Many school systems offer accommodations, so find out if yours does. “Kids with ADHD may do their work better if they're allowed to move a little,” Dr. Newmark says. Ask teachers if your child can use a wobble chair or get up and walk to the back of the room occasionally to release energy without disturbing other students.

■ **Playdates don't go well because your child has trouble taking turns.**

Coach them on how to make sure others get their fair share of time doing the activity, Dr. Gallagher suggests. If your child tends to interrupt, practice at home: Set a goal of waiting until a family member is finished talking at the dinner table, for example, and praise your child when they do it. “The idea is to catch them being good,” Dr. Gallagher says. Similarly, remind them to respect others' personal space—by standing an arm's length away and asking permission to give someone a hug, for example. Also, limit play sessions to 90 minutes for preschoolers and two hours for school-age kids.

■ **Your child's room is a disaster zone, and you can't get them to clean it up.**

Break down what needs to be done in a step-by-step fashion, advises Karyn Erkfritz-Gay, PhD, a child and adolescent psychologist and

manager of behavioral health programs at the Northwestern Medicine Ben Gordon Center in DeKalb, Illinois. She suggests they start by putting dirty clothes in the hamper, then making the bed, putting books and toys away, and so on. Make it clear where school materials should go, perhaps with a labeling system for desk drawers. Since cleaning their room isn't inherently gratifying for most kids, develop a reward system, such as earning extra screen time if they do it regularly, says Dr. Erkfritz-Gay. “Remember: Parents are the gatekeepers to a lot of things kids want.”

■ **Getting your kid to do homework—and turn it in—is an ongoing battle.**

Carefully select a time for homework, Dr. Gallagher says. While your son or daughter may need a break right after school, if they're taking a long-acting ADHD medicine, you'll want them to do homework before the effects wear off. At the chosen time, have your child sit down and get it done, then praise them for completing it and putting it into their backpack to turn in the next day, says Dr. Gallagher. Ask teachers where homework gets turned in—and remind your child of the protocol.

■ **Your son or daughter often misplaces important items, which leads to a mad scramble to find them.**

Set up a system so that everything has a place, with specific spots for your older child's keys, wallet, and cell phone, for example. Designate a special place for backpacks, sports equipment, and shoes—cubbies, a mudroom, or another appropriate spot, Dr. Erkfritz-Gay says. Encourage kids early to put items where they belong so they can find them easily.

■ **Your child's eating habits are erratic because of ADHD medication.**

ADHD meds can affect a child's appetite for lunch, so make sure they

have a good breakfast and a healthy dinner (and an afternoon snack if they're hungry). “Kids who are taking ADHD meds may not get hungry until 7 or 8 p.m. Feed them when they're hungry, and let them eat as much as they want,” Dr. Newmark says. All meals should contain plenty of protein, fiber to slow digestion, and lots of fruits and vegetables. “Avoid processed carbs and sugar because these can cause blood sugar spikes, then dramatic drops, that make ADHD symptoms worse,” he advises.

■ **Your child sometimes has emotional meltdowns and can't calm down.**

Don't yell or let your child get away with bad behavior. Instead, suggest that they take a private break to cool down, and then you can talk. Once they settle, give them positive feedback for calming down, suggests Dr. Newmark, then redirect their attention, perhaps by saying, “Good job calming down. Let's go do X.” To help with emotion regulation, encourage your kids to recognize and label their emotions and give them tips for how to handle them constructively, Dr. Gallagher says. If they're really frustrated, you might say, “It's okay if you growl, but not if you curse or throw things.”

■ **You can't get your child to go to bed at a reasonable hour.**

Rule No. 1 is setting a consistent bedtime, based on how much sleep your child needs. Make sure their bedroom is quiet, calm, dimly lit, and conducive to getting rest. “Don't have a TV in the room or access to computers, tablets, or phones at bedtime,” Dr. Gallagher advises. Work with your child to set a digital curfew of 30 to 60 minutes before bedtime, and encourage them to engage in gentle activities like taking a warm bath and reading a book before lights out. ■



For more information on ADHD, go to [HealthCentral.com/ADHDGuide](https://www.healthcentral.com/ADHDGuide).



Help From ADHD Experts

We spoke with three specialists to get their best ADHD parenting advice. Here are their answers to common questions from moms and dads.

My middle-schooler has trouble keeping track of assignments. How can I help?

SANFORD C. NEWMARK, MD:

Middle school is a tough transition time when it comes to organization because instead of one teacher your child has several. Some schools have assignment trackers online—those are great. At home, have your child write down all assignments in a single notebook and review them with you daily.

YAMALIS DIAZ, PhD: First, identify the ways your child's current process falls apart so you can develop tactics to patch the holes. Does your child have strategies for writing down assignment details and due dates, double-checking their assignments to ensure they didn't overlook something, and putting completed assignments in one place so they remember to turn them in? Have your child adopt a system that works for them, such as using color-coded folders or a binder where all assignments go.

MEG BENNINGFIELD, MD: Make sure your child has an agenda and

checks in with the teacher at the end of class to be sure they know what's expected and when assignments are due. Kids need to build routines to keep their papers organized, so encourage them to empty their backpack at the end of each day, file important papers, and toss unnecessary ones.

Middle school is hard enough socially, but my child's impulsive declarations to other kids are jeopardizing his relationships. What can I do?

DR. DIAZ: This type of social-skills deficit is common in kids with ADHD. They may fail to notice significant social cues, have trouble participating in two-way conversations without interrupting, and impulsively say and do off-putting things. Validate their feelings and experiences, ask what they think they should do in specific situations, and then offer suggestions.

DR. BENNINGFIELD: Remind your child that different people need

(Continued on page 9)

(Continued from page 6)

The Experts



SANFORD C. NEWMARK, MD: Director of Clinical Programs, Osher Center for Integrative Medicine, University of California, San Francisco.



YAMALIS DIAZ, PhD: Assistant Professor, Department of Child and Adolescent Psychiatry, NYU Langone Health, New York City.



MEG BENNINGFIELD, MD: Director of Child and Adolescent Psychiatry, Vanderbilt University, Nashville, Tennessee.

varying amounts of personal space. Encourage a few close relationships with friends who can help your child navigate socially.

DR. NEWMARK: Some kids with ADHD are more susceptible to bullying, and to exclusion or isolation, because their social skills are weaker. If your child is taking a stimulant, make sure it's adequately improving the symptoms—mainly attention, hyperactivity, and impulsivity—for which it was given. Sometimes, adding a non-stimulant medication for ADHD is helpful for impulsivity. Or sign your child up for a social-skills class or cognitive behavioral therapy.

What do I do when my tween's mood crashes after school when their ADHD medicine wears off?

DR. BENNINGFIELD: This is a common side effect. Talk to your child's doctor about adjusting the dose. Also, create a calm space where your child can unwind after school before starting homework. Help them do something enjoyable that's a reset after a long day holding it all together.

DR. DIAZ: Given that many ADHD medications may suppress appetite,

this crash may be related to blood sugar and fatigue. Ensure that your child has access to healthy snacks throughout the day. I often recommend that parents create a longer "runway landing strip" after school. Kids with ADHD often need more time to land and refuel than kids without ADHD.

How do I make it less painful to get my child out the door in the morning?

DR. DIAZ: Establish a routine with firm out-of-bed and out-the-door times to serve as anchor points, and list general steps. Avoid prompting each next step; instead, when your child goes off task, tell them to go back to their morning routine—so that they begin to internalize the routine. Also, prep the night before: Have your child pick out clothes, pack up their backpack and set it by the door, and help prepare their lunch.

DR. NEWMARK: Use detailed charts they can check off, coupled with a reward system, such as 15 minutes of screen time if they get ready on time, assuming they can tolerate a small amount of screen time without being upset when it's over.

How can my child play video games for hours but have trouble sitting still for homework?

DR. NEWMARK: First, the problem with ADHD is that children have trouble focusing on things they're not interested in. Second, video games are made by experts to be addictive—almost anyone can focus on them.

DR. DIAZ: The brain simply doesn't need to work as hard when it finds something engaging. This is partly related to the dopamine circuit, which is activated when we engage in pleasurable activities. Without this level of high engagement, the ADHD brain has a much harder time providing the child with the level of focus and motor control they need to efficiently get their homework done.

DR. BENNINGFIELD: Frequently, the challenge is not a lack of focus, but difficulty regulating focus. Getting too deeply engaged in a preferred activity is common. Setting a timer and consistently following through when time is up is a good place to start.

Between after-school activities and homework, my child has a hard time planning and organizing. What's the best way to help?

DR. BENNINGFIELD: Using visual reminders of what they need to do and creating a system for daily accountability is the best approach. Simplifying daily routines and being careful to not take on too much can be helpful, too. At the same time, encourage your child to engage in extracurricular activities, especially physical activity. Step No. 1 might be choosing one activity each semester.

DR. DIAZ: Using a daily planner *plus* a posted monthly calendar is especially helpful for managing daily demands and future planning. Help your child develop a reasonable, not too restrictive, plan and learn how to adjust it if it doesn't work out. ■

ADHD: What Moms Know

Raising a child with ADHD can be exhausting, exhilarating, frustrating, and rewarding—all in the same day. Here, mothers share their experiences.

What led to your child's ADHD diagnosis?

PAULA SCHUCK: From the time Ainsley was born, she was super hyper. She was a toddler tornado who would almost always act before she thought. I used to worry that she would get hit by a car because she wouldn't hold my hand. Once she got into first grade, the problems were amplified. She just couldn't attend for the whole day, and she wanted to run around the halls. She wasn't a good sleeper, so it was a nightmare. We took her to a pediatric psychiatrist, who diagnosed her with hyperactive ADHD. My older daughter, Payton, was diagnosed with inattentive ADHD shortly after.

TAMMY DEN-BOK: I worked as a childcare supervisor, with children from 18 months to 12 years old. Having that experience, I should have known something was wrong. Tyler had all the symptoms; I had to acknowledge that and get him tested.

KIMBERLY LEE: Josiah did very well in school until seventh grade, when we realized he was behind in homework, plus an honors class project. We took him to a psychologist, and after he was diagnosed, we tried to avoid medication by enrolling him in therapy sessions. But he was struggling, so we put him on

medication. He's now back in the honors courses he was having trouble with and doing well.

How does your family manage?

DEN-BOK: We call this a journey, and everything we've gone through has opened us up to look at things through Tyler's eyes. When he was 9, my husband and I started an Instagram group called ADHD for Beginners. We now have 2,084 Instagram followers, a small following on Facebook, plus an online support group. Finding help, even if it's a couple of parents meeting regularly over coffee, can be a life support system for the entire family.

TRACY OTSUKA: Parenting is the most fun I've ever had, so I don't understand when people say "cope." For me, it's a reframing from "cope" to "challenge." I'm ADHD, too, so I'm always looking for a challenge. It's what makes life fun. I have a creative, smart, original kid who lives to challenge the status quo. Sure, sometimes he drives me crazy, but even when I'm ready to kill him, I can't help but be proud of his intensity and novel way of seeing the world.

What challenges have you faced with ADHD?

DEN-BOK: Our biggest challenge has been to be on top of Tyler. You

Meet the Moms



PAULA SCHUCK, Toronto; social media marketing, Thrifty Mom Media. Her tenth-grader, Ainsley, 15, has hyperactive ADHD, while senior Payton, 18, has inattentive ADHD.



TAMMY DEN-BOK, Toronto. Den-Bok's son Tyler, 14, was diagnosed with ADHD at age 7. Tyler has a brother, Noah, age 2.



KIMBERLY LEE, Seattle. Lee's son, Josiah, 15, was diagnosed with ADHD in seventh grade. Kimberly learned she has ADHD in December 2019.



TRACY OTSUKA, San Francisco; attorney; podcaster—ADHD for Smart-Ass Women. Her son, Markus, 17, was diagnosed with ADHD at age 12, and she was diagnosed eight months later.

can't let things slip. You have to be alert and aware and two steps ahead of him. We need to be aware of every scenario that could go wrong and have a backup plan.

OTSUKA: It's taken us years to trust that Markus actually knows better than we do what's best for him. When he struggles, it's because people are telling him to do things he knows won't work for his brain. There's been a lot of trial and error. Initially, we were convinced that schools with less structure and rules would be best for him. We were wrong. Markus opted to return to a structured Catholic school with more rules and discipline. This past semester, he fell in love with economics, made excellent grades, and was accepted at New York University Tisch School of the Arts in Manhattan. Five months earlier, Markus was convinced college wasn't for him.

How do you get through the morning rush with your child?

SCHUCK: The mornings are very hard, but it goes much better when we're well rested and we can get Ainsley to bed the night before at a good time. She's slow to get going. We were getting late notices from school, which weighed on her, so we

talked to the school and worked it out. Now, her teachers don't make lateness a big barrier at the start of the day. When they did, she was in a negative mind-set all day.

When she was younger, we had storyboards created by an occupational therapist, showing her what to do and the steps to take. It's best to just get through the steps without engaging much in the morning. Too much talking is a trigger.

Do you have any tips for how to handle homework?

SCHUCK: Ainsley can procrastinate and then, on the last day, study obsessively for hours and pull off a B, which she's happy with. There's nothing to be gained by reminding her to do her homework. Instead, we ask specific questions. What homework do you have tonight? When are assignments due? If we hover and ask whether she has finished her work, she gets angry and oppositional.

LEE: We check in and ask Josiah what homework he has. Otherwise, he gets distracted. It really helps him to have a buddy to do homework with.

What are the joys of raising a child with ADHD?

DEN-BOK: Tyler is an amazing child. He's loving. He cares about others. Having a child with ADHD helps me look at things with a different point of view.

SCHUCK: Payton and Ainsley are super-bright, creative kids. Ainsley rides horses and is more sporty; Payton is more creative. Both girls swim, ski, and have a black belt in karate. The past couple of years have been pretty solid, and I'm happy with the way things are.

LEE: I've seen Josiah gain more confidence with his friends since starting high school, and I love that he doesn't just follow what other people do and is independent. He's able to problem-solve in unique ways. He has always been compassionate and kind to those outside the group.

OTSUKA: I've never met an ADHD child who wasn't brilliant at something. Our charge is to help our kids figure out where their strengths and interests lie. My biggest advice to parents and teachers is to stop talking, stop lecturing, and listen. When these kids feel heard, there are no limits to what they can achieve. ■



For additional info, visit [HealthCentral.com/ADHDguide](https://www.healthcentral.com/adhdguide).



Choosing the right ADHD treatments is a science and an art.

Therapy Tips

While medications treat symptoms of ADHD, researchers are always evaluating non-medication strategies, such as psychotherapy, and complementary approaches like meditation. We asked the experts to weigh in on these tools and others.

■ Is there a downside to taking ADHD meds?

Medication won't cure ADHD, but it does treat the symptoms, says child and adult ADHD specialist Mark Stein, PhD, a research affiliate at the Center on Human Development and Disability at the University of Washington in Seattle. This is important, he says, because, "people may think that untreated ADHD is benign; but the person may do poorly in school and in their relationships, and it has an impact on their self-esteem and health and well-being."

■ Are there effective nondrug strategies for children?

"The only treatment for kids with repeatedly demonstrated efficacy is behavior management, or modification," says Ronald Brown, PhD, dean of the School of Integrated Health Sciences at the University of Nevada, Las Vegas. "This

means giving effective instructions and using reward systems like praise or a point system." For younger children, for example, timeouts and loss of privileges can be helpful.

"A relatively new and effective treatment for children and young teens is organizational skills training," says Richard Gallagher, PhD, an associate professor of child and adolescent psychiatry at NYU Langone Health, and director of special projects at the Institute for Attention Deficit Hyperactivity and Behavior Disorders at the Hassenfeld Children's Hospital in New York City. "This training has led to improvements in functioning at home and at school, and reductions in inattention and activity levels."

■ Can parents practice behavior management at home?

"Parents can use behavior modification and organizing skills with their child, but they should go to a trained provider to learn how," Dr. Brown says. "Some techniques are simple, like doing homework in a special place each day so your child associates this place with studying. If the child doesn't follow the rules with appropriate behavior, it costs them points or an activity."

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■ How would a parent know if a child would respond better to medication or a behavior strategy?

"Most children are responsive to behavior management, and about 90 percent respond to meds," Dr. Brown says. "But I'm reluctant to treat a child only with medication. If a parent is hesitant to use meds, I suggest starting with behavior management. Meds can be added later."

■ What alternatives are there for adults who don't want to take ADHD medications?

"It depends," Dr. Brown says. "If a father has ADHD and can never get organized, you may want the family to have therapy because it's affecting the whole family, or if an adult is always procrastinating, individual therapy is an option."

■ What non-medication therapies are effective for adults and older kids?

"Cognitive behavioral therapy (CBT) can help with inattention and impulsivity by modifying how the person thinks and reacts," says Lenard Adler, MD, director of the Adult ADHD Program at NYU Langone Health in New York City. "A therapist might work on strategies to overcome procrastination. Sometimes, learning how to use a planner can help a person better manage time and complete tasks."

"CBT teaches time management, organization, how to set realistic goals, and task-completion strategies," says Dr. Brown. "A person learns that if their flight leaves at 10 am, they can't get up at 8—unless they live next door to the airport."

■ How does diet affect symptoms of ADHD?

"If you are drinking a lot of caffeine while you are on a stimulant, that can cause a higher heart rate, which is not advisable," says Dr. Adler. "It's important to make sure you eat, eat well, and stay hydrated. If you are not eating and drinking fluids, it can affect your ability to pay attention."

"When you have an overabundance of sugar, it can aggravate anything," including possibly ADHD symptoms, notes Dr. Brown. But he cautions that sugar doesn't cause ADHD. "It's something you're born with that persists over your life."

■ Is exercise beneficial in treating ADHD?

"Physical activity helps combat negative habits like excessive screen time and poor sleep," says Dr. Stein. "It also helps build resilience and improves mood." ■

Medications to Treat ADHD

STIMULANTS	
NAME	TREATS
Adderall, Adderall XR (mixed amphetamine salts, amphetamine sulfate)	Children & Adults
Adzenys XR-ODT (d- & l-amphetamine sulfate)	Children & Adults
Aptensio XR (methylphenidate HCL)	Children & Adults
Concerta (methylphenidate HCL)	Children & Adults
Cotempla XR-ODT (methylphenidate)	Children ages 6-17
Daytrana (methylphenidate transdermal system)	Children ages 6-17
Desoxyn (methamphetamine HCL)	Children & Adults
Dexedrine (dextroamphetamine sulfate)	Children & Adults
Dyanavel XR (d- & l-amphetamine sulfate)	Children & Adults
Evekeo (amphetamine sulfate)	Children & Adults
Focalin, Focalin XR (dexmethylphenidate)	Children & Adults
Jornay PM (methylphenidate HCL)	Children & Adults
Metadate CD (methylphenidate HCL)	Children & Adults
Methylin (methylphenidate HCL)	Children ages 6-12, Adolescents, Adults
Mydayis (mixed amphetamine salts)	Children 13 & up, Adults
QuilliChew ER (methylphenidate HCL)	Children & Adults
Quillivant XR (methylphenidate HCL)	Children & Adults
Ritalin, Ritalin LA (methylphenidate HCL)	Children & Adults
Vyvanse (lisdexamfetamine dimesylate)	Children & Adults
Zenzedi (dextroamphetamine sulfate)	Children
NON-STIMULANTS	
Intuniv (guanfacine)	Children
Kapvay (clonidine)	Children & Adults
Strattera (atomoxetine)	Children & Adults

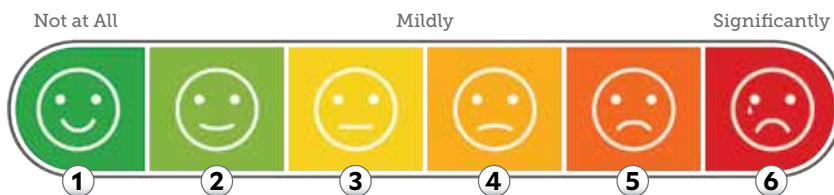
Doctor Discussion Guide:
**YOUR CHILD AND
ADHD**



When you have a child with attention-deficit hyperactivity disorder (ADHD), getting the right care and keeping accurate accounts of your child's experience can make all the difference. This discussion guide has been developed to help you gather your thoughts and record these details to make your doctor's visit as productive as possible. Answer the quick and simple questions below, and then bring this page to your next appointment to get the most out of your time with your healthcare professional.

Questions to answer before your next appointment:

1. When does your child have the most difficulty focusing on tasks?
 In the first half of the day During the second half of the day
2. Does your child's ADHD affect your morning routine? Yes No
3. How much does ADHD affect your child on a daily basis? (*circle one*)



4. What is an example of how ADHD gets in the way of routines? (*please describe*) _____

5. What ADHD medication is your child currently taking? _____

6. How satisfied are you with your child's current treatment? _____

Questions to ask your child's doctor:

1. How will my child's ADHD change over time? _____

2. What can I do to make it easier for my child to focus at home? _____

3. What foods should I avoid giving my child with ADHD? _____

4. What are some signs my child's ADHD treatment is working? _____

7 Bright Ideas for Parents of ADHD Kids

Here's some advice you may find helpful from educators who work with children with ADHD every day.

1 View ADHD as a Superpower. “Traits that typically accompany ADHD, such as impulsivity, laser vision with things they’re passionate about, and thinking outside the box, can be quite beneficial in the real world,” says Lisa Kruse, MEd, an educational consultant in Huntingdon, Pennsylvania.

2 Work Out a Plan. “Parents and teachers who are proactive, develop daily routines, and use organizational support are able to see a payoff,” says Kruse. “Simple checklists for home and school routines, assignment notebooks, and color-coded folders for subject areas will set up a child for success.”

3 Take Advantage of Services. “Support may be available if your child’s academic work is adversely affected by ADHD,” Kruse says. “For example, if you have a gifted student whose grades are average, but who could be doing above-average work, he may qualify for support because there’s a discrepancy between his ability and achievement.” She suggests checking wrightslaw.com for accurate, reliable info on special education law and support services.

4 Amp Up Your Child’s App Skills. “Middle school is the ideal time for students with ADHD to develop healthy habits and become proficient with one or two apps that can mitigate their challenges,” says Thomas Webb, MA, director of disability services at Wright State University in Dayton, Ohio. He suggests text-to-speech apps, such as Read&Write or Snap&Read, and simple calendar and to-do list managers. App proficiency can



even help later in college, Webb says, when the need to stay organized and retain information is even greater.

5 Allow Your Child to Try New Things. So says high school special ed teacher Bryan Darling, who works with ADHD teens at Queen Anne’s County High School in Centreville, Maryland: “Many kids with ADHD have varied interests. Letting your child dip their toe into many activities to see what fits is a great strategy.”

6 Buy Some Magazines. “The energy and patience of a child with ADHD can be a much better match for magazines than chapter books,” says Darling, adding that kids can use reading and critical thinking skills they learn from magazines for school reading assignments.

7 Get ‘Em Moving. “Exercise, or at least stretching, before school can ease the morning transition from bed to school,” Darling notes.



For more information, go to HealthCentral.com/ADHDGuide.

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