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# Questions to Ask Your Doctor About Childhood ADHD

Not all these questions will apply to everyone. Check the ones you want to ask before you go to the doctor's office.

## General ADHD Questions

- ☐ What are the various types of treatments used for child ADHD? Has one been shown to be better than the others? Which of these do you think would be best for my child and why?
- ☐ Does ADHD change with age? Do kids ever outgrow it?
- ☐ How will ADHD affect my child over the long term?
- ☐ What are the key components for successfully managing the challenges of ADHD?

## Notes

## Prescription Considerations

- ☐ Does my child need medication, or can she be treated effectively without it?
- ☐ How often and for how long will my child need to take this medication?
- ☐ Is there medication that my child can take on an as-needed basis, such as when he needs to focus or concentrate?
- ☐ What type of drug are you prescribing for my child, and how does it work?
- ☐ Where can I get more information about this drug?
- ☐ How will the medication make my child feel, and how will we know if it's working?
- ☐ When can my child expect to notice improvements in how she feels?
- ☐ What are the risks if my child doesn't take his medication as directed, or if he misses a dose?
- ☐ How has this medication been tested? Are there any recent clinical studies on it?
- ☐ What should we do if my child experiences any side effects? Are there any that may require us to call a doctor? Are there any that may require my child to stop taking the medication immediately?
- ☐ Could this medication interact with other medication my child is taking?
- ☐ Are there any foods, drinks (such as alcohol), vitamins, herbal supplements, or over-the-counter drugs that my child should avoid while taking this medication?
- ☐ Can other conditions affect or be affected by my child's medication? What if we have a family history of heart disease?

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# Questions to Ask Your Doctor About Childhood ADHD (continued)

## Prescription Considerations (continued)

- ☐ Is this drug habit-forming?
- ☐ Can this medication be taken on an empty stomach, or should it be taken with food?

## Notes

## Therapeutic Treatment and Complementary and Alternative Therapies

- ☐ Should my child be working with a child psychologist?
- ☐ What is behavioral therapy? How can it help improve my child's behavior?
- ☐ What is cognitive therapy? How can my child benefit from cognitive therapy?
- ☐ Which type of therapy do you think is best for my child?
- ☐ How will we know if we've chosen the right therapist?
- ☐ Are there any complementary or alternative therapies we should consider?
- ☐ Do any clinical trials or research support these complementary or alternative therapies?
- ☐ Could my child benefit from ADHD coaching? How does it work? Where can we get more information about this?
- ☐ What is biofeedback (also known as neurofeedback), and is it right for my child? Whom should we see for an evaluation?
- ☐ What kind of ADHD education and support groups are available to parents?
- ☐ How can social skills training help my child develop and maintain healthy relationships?
- ☐ Should my child be taking any supplements, such as omega-3 fatty acids?

## Emotional Health

- ☐ What kind of impact is ADHD likely to have on my child's emotional well-being?
- ☐ How is my child's condition likely to affect her relationships, and what can we do to improve those relationships?
- ☐ How can a support group for parents of children with ADHD benefit me?
- ☐ How should I explain my child's condition to my spouse, our family, our friends, and our child's friends and their parents?

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# Questions to Ask Your Doctor About Childhood ADHD (continued)

## ADHD at School

- ☐ How should I address my child's ADHD with the school and his teachers?
- ☐ How can I help my child get the most out of her experience at school?
- ☐ How can I help make my child's schoolwork seem less daunting?
- ☐ What kind of homework routine should I set?
- ☐ What kinds of educational tools, games, and exercises might help my child with learning?
- ☐ How do parents of children with ADHD deal with behavioral problems at school?
- ☐ How can we avoid ADHD stigmas?
- ☐ What should I know about the laws that accommodate and protect children with ADHD?
- ☐ What should I do if I feel my child is being discriminated against at school?
- ☐ What are my options if I don't like the way the teachers are handling my child's ADHD?
- ☐ What should we do if my child feels that he can't keep up at school? What accommodations can we ask for? Where can I get more information about school-related issues?

## Notes

## Health, Family, and Lifestyle Concerns

- ☐ Should we make any lifestyle changes to better manage my child's ADHD?
- ☐ Do we need to make any changes in my child's diet or the amount of physical activity she gets?
- ☐ What kinds of special accommodations should we be making at home?
- ☐ How can I help my child get along better with his siblings?
- ☐ Can task lists and schedules be helpful for children with ADHD?
- ☐ Are there any toys or games that would be especially beneficial for my child?
- ☐ Is ADHD likely to interfere with my child's sleeping habits? How can I help my child get enough rest?
- ☐ What are the most effective discipline techniques for children with ADHD?
- ☐ Can you recommend any good books, magazines, organizations, or online resources that focus on ADHD in children?

## Questions to Ask Your Doctor About Childhood ADHD (continued)

## Your Family's Financial Health

## Notes

- ☐ Will my child's medication be covered by our family's health insurance plan?
- ☐ About how much will my child's medication cost?
- ☐ Is there a generic version of the medication that would be more affordable? If not, are there other, equally effective medications that are available as generics?
- ☐ Do you have any samples or discount coupons for my child's prescription?
- ☐ If we choose a complementary or alternative therapy, is it likely to be covered by our insurance? If not, what kind of out-of-pocket costs can we expect?
- ☐ What are our options if we don't have health insurance?

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