

# Evaluating your child for ADHD

Are you concerned your child may have ADHD, attention deficit hyperactivity disorder or ADD, attention deficit disorder? Perhaps your child's teacher or caregiver is concerned that your child may have ADHD or ADD? There are a few steps that need to be taken to determine if he/she has ADHD/ADD. Some children may experience school or behavioral problems because of other conditions such as hearing or vision loss, a learning disability, or other conditions. Evaluating these conditions requires input from multiple caregivers, including parents, teachers, other family members, doctors and other professionals. Proper diagnosis and treatment is a team effort.



The steps necessary to evaluate your child are as follows:

- Step 1: Parents and teachers make careful observations of the child's behavior at home and at school.
- Step 2: Parents and the child's teacher(s) meet to discuss concerns.
- Step 3: Parents schedule an appointment with the child's pediatrician. School and teacher concerns and contact information is provided to the doctor by parents.
- Step 4: Pediatrician performs a physical exam (if not recently done) and screens the child's hearing and vision.
- Step 5: ADHD information is provided to the parents including parent/teacher screening questionnaires to be completed prior to the next visit.
- Step 6: The teacher returns the questionnaire by mail/fax.
- Step 7: At a second doctor visit, the results of the parent and teacher questionnaires are reviewed and any additional testing that may be required is initiated.
- Step 8: The doctor and parents review a plan for improvement.
- Step 9: The child will need to revisit the doctor until the plan is in place and beginning to show improvement and then regularly for monitoring. Teachers may be asked to provide behavior ratings and to evaluate school performance at several times in this process.