

## Evaluating Your Child for ADHD

Do you think your child may have ADHD, attention-deficit/hyperactivity disorder? Or your child's teacher thinks your child may have ADHD? There are steps that need to be taken to make a diagnosis of ADHD. Some children may have a learning disability, some children may have difficulty with

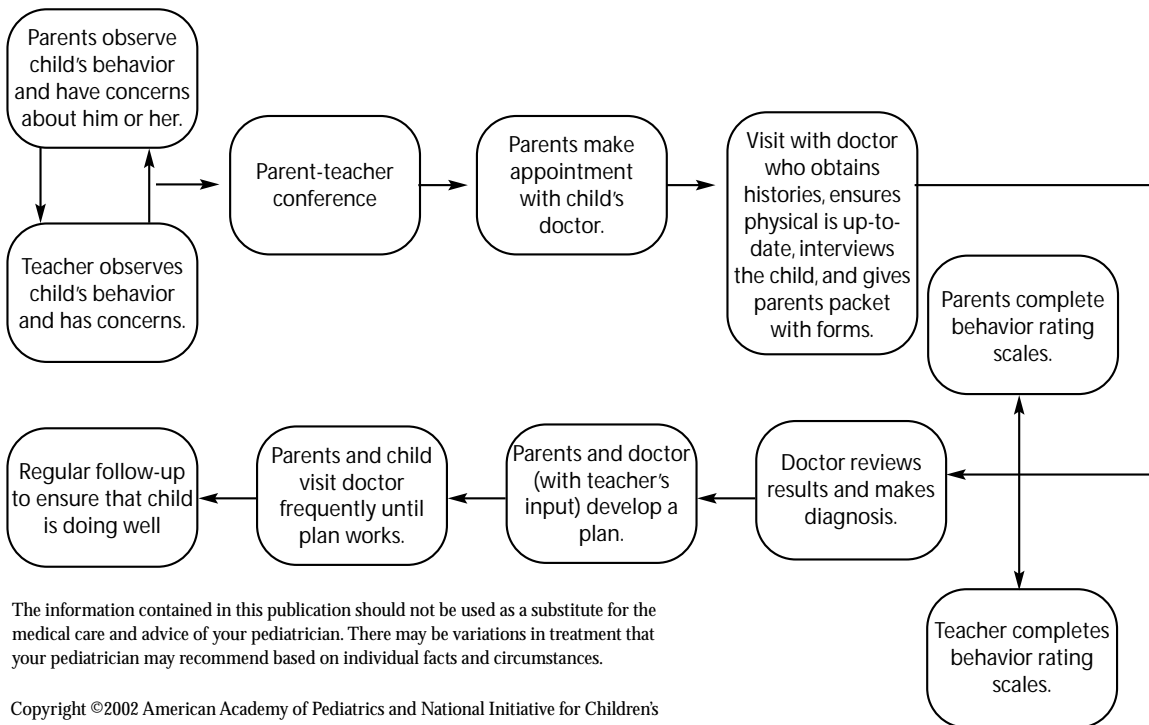
their hearing or vision, and some children may actually have ADHD. The answer comes from the parents, other family members, doctors, and other professionals working as a team. Here are the steps that the *team* needs to take to evaluate your child.

### The steps in an evaluation are as follows:

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| Step 1:  | Parents make careful observations of the child's behavior at home.   |
| Step 2:  | Teacher(s) makes careful observations of the child at school.  |
| Step 3:  | Parents and the child's teacher(s) have a meeting about concerns.  |
| Step 4:  | Parents make an appointment with the child's doctor. Parents give the doctor the name and phone number of the teacher(s) and school.   |
| Step 5:  | The doctor obtains a history, completes a physical examination (if not done recently), screens the child's hearing and vision, and interviews the child.   |
| Step 6:  | Parents are given a packet of information about ADHD, including parent and teacher behavior questionnaires, to be filled out before the next visit.  |
| Step 7:  | The teacher(s) returns the questionnaire by mail or fax.   |
| Step 8:  | At a second doctor visit, the doctor reviews the results of the parent and teacher questionnaires and determines if any other testing is required to make a diagnosis of ADHD or other condition.  |
| Step 9:  | The doctor makes a diagnosis and reviews a plan for improvement with the parents.  |
| Step 10: | The child will need to revisit the doctor until the plan is in place and the child begins to show improvement, and then regularly for monitoring. Parents and teachers may be asked to provide behavior ratings at many times in this process. |

Adapted from materials by Heidi Feldman, MD, PhD

### ADHD Evaluation Timeline



The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

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