Attention Deficit Hyperactivity Disorder

Best-Practice Intervention Strategies

• Educate parents on Attention Deficit Hyperactivity Disorder (ADHD) management
• Increase parent/child symptom awareness
• Parental tracking of assignments, chores, and home responsibilities
• Rule out co-morbid disorders
• Assess for possible presence of parental psychopathology interfering with treatment
• Take prescribed medications consistently and monitor for side effects
• Maintain communication with school to increase compliance on assignments
• Develop and utilize effective study skills
• Delay instant gratification in pursuit of long-term goals
• Develop increased anxiety management skills and self-confidence
• Develop effective problem-solving skills
• Increase verbalization of acceptance of responsibility for behaviors
• Identify stressors and emotions that trigger hyperactivity and impulsivity
• Identify constructive outlets for energy

* Compiled from multiple sources; citations available upon request. Last Updated 1/27/11.