

# **What is ADD/ADHD?**

## **Treatment:**

The toughest part for parents is accepting the diagnosis. It can be painful because we only want what is best for our child. By accepting the diagnosis, you can help your child lead a happier, more productive life. Medications, therapy and support are key to treating and coping with AD/HD. Some parents find it difficult to medicate their children and require education on the variety of drugs used to treat this illness. As parents we need to be reminded that AD/HD is a chronic condition – there is no cure – it is much the same as treating someone with arthritis, asthma or heart disease.

When the right medication is found, and it may take several different ones, it will provide the ability for your child to function and cope with their behaviors.

Treatment for ADHD is multimode and should include parent education and counseling, behavior management, social skills training, medication, parent-school collaboration and classroom management. There is no single treatment for ADHD. Individual, family and group therapy is another form of treatment that enables the child and family to explore and talk about their feeling. Therapy can teach coping strategies, behavior management for both you and your child, and teach your child social skills.

Support groups allow a platform for parents to hear and talk with other parents.

## **Your Role in Treatment:**

Learn as much as you can about AD/HD. This will help you fill the role as your child's case manager. Play an active role in all aspects of your child's treatment. Learn and understand about the various medications, behavior management techniques and educational plans. It will help you to understand with the methods and medications may work for your child.