

## Evaluating Your Child For ADHD

So 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, or 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:***

- Step 1: Parents make careful observations of the child's behavior at home.
- Step 2: Teachers make 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. Parent gives the doctor the name and phone number of the teacher and school.
- Step 5: The doctor completes a physical exam (if not done recently) and screens the child's hearing and vision.
- Step 6: The parent is 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 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 problem.
- Step 9: The doctor and parent review a plan for improvement.
- Step 10: 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 at many times in this process.

## ADHD Evaluation Timeline

