

who knows about kids who have ADHD and other kinds of behavior problems. Part of the doctor's job is to check for other illnesses that look like ADHD but need different kinds of treatment.

What Happens When a Kid Is Diagnosed With ADHD?

Once the doctor decides that a kid has ADHD, then the doctor, parents, and teachers begin to work together to find out the best way to help. Often this means starting one of the medicines used to treat ADHD, deciding how much medicine is needed, and when to give it. Children with ADHD usually only have to take their medicine once before school, but some may have to go to the nurse in the middle of the school day for medicine.

But children who have ADHD need more than just medicine. They also need help learning how to change the way they act. Some kids with ADHD can learn to do this by using relaxation therapy or behavioral therapy. In relaxation therapy, counselors teach kids how to relax and stay calm by doing deep-breathing exercises and relaxing different muscle groups.

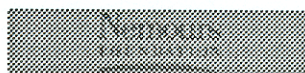
Behavioral therapy helps kids with ADHD by teaching them to set goals for themselves and by using rewards to help them reach those goals. Teachers can give a kid with ADHD a reward for sitting still in class, for example. And parents can do the same thing at home, by rewarding their children for paying attention, completing their chores, or keeping track of their things. Kids with ADHD may need extra help learning how to do things other kids find easy.

Kids who have ADHD can become depressed or anxious. So for many kids with ADHD, the key to success is not only following the treatment plan from the doctor, but working to build good friendships with other kids, too. Many kids with ADHD find that their symptoms get better as they get older. Adults with ADHD can have happy lives, and they can be very successful in whatever they decide to do.

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