

make it easier for the person to concentrate and focus.

The medicine usually comes in pills or capsules. The doctor will explain how often the kid needs to take the medicine. Parents and kids will have to work out a schedule for taking it so it becomes part of the normal routine, like teeth brushing.

It might take a while to find the right medicine and the right amount (dose) that works best for the person. While this is getting worked out, it can be frustrating for the kid and parents who want things to get better. Once the right medication is found, things often start to improve for a person with ADHD.

And just like with any medicine, the person's parents and doctors will want to watch for **side effects**, which are other problems or symptoms that may be caused by the medicine. Common side effects from stimulant drugs include irritability (feeling grouchy), headaches, and stomach trouble.

How Therapy Can Help

Along with medicine, behavior therapy can help kids with ADHD. This means learning a different way of doing things and learning ways of staying calm and keeping focused. To do this, a kid and his parents might see a mental health professional (psychiatrist, psychologist, therapist, social worker, or counselor). As part of behavior therapy, teachers and parents might create charts or other systems for rewarding the kid when he or she meets goals that have been set.

At school, the kid might need to work on staying in his or her seat or finishing classwork. At home, the goals might be remembering to put dirty clothes in the hamper and keeping track of important things, like shoes and backpacks. Once a kid can meet these goals, he or she will probably feel happier, which is the best medicine of all!

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