



CBH encourages physicians to include you and your child in decisions regarding your child's ADHD medications, and encourages you to understand and be comfortable with this treatment. Helping manage your child's medication may help reduce their symptoms, causing less disruption to their daily life. Working with your child's psychiatrist to understand these medications can improve your child's overall quality of life.

What questions should I ask my child's doctor?

- ➔ **Why** is my child being prescribed this medication?
- ➔ **What** is the best way for my child to take this medication?
- ➔ **What if** my child misses a dose?
- ➔ **How** will this medication help my child?
- ➔ **When** should my child take the medication?
- ➔ **How** should I store this medication?
- ➔ **What** are possible side effects that I can look out for in my child?
- If my child cannot swallow the medication,
➔ **can I crush it** for them?
- ➔ **How will I know** if this medication is working for my child?

How can I help my child remember to take medications?

- Explain** the medication to your child so they can remember when they need to take it.
- Use a **pill box** to organize your child's medication.
- Your child can **use an app** on their phone, like Mango Health or Medisafe, to send notification reminders for taking medications.
- Set alarms** for the times your child needs to take their medication.
- Set up a **refill reminder** on a calendar app or with your child's local pharmacy.
- Take a picture** of your child's meds to share with their doctor or pharmacist.
- Keep medications next to your **child's bed** if taken after waking or before bed.
- Keep a list** of your child's medications, including notes on how and when to take them.





FREQUENTLY ASKED QUESTIONS ABOUT ADHD MEDICATIONS

Why are medications important?

Children with ADHD may have a harder time paying attention, difficulty with controlling their impulses, or act very energetically. This may cause trouble for them at home, school, or both. Certain medications have shown to improve symptoms for children who have ADHD. It is important that you help your child manage his/her ADHD medication treatment and improve his/her overall wellbeing.

What are the different medication options?

There are two classes of medications available for treatment of ADHD, stimulants and non-stimulants. There is research that supports the use of stimulant medications (such as Adderall or Concerta) compared to other medications, such as non-stimulant medications (Strattera or Kapvay).

Are there options other than medication?

Behavioral therapy is an important part of your child's ADHD treatment plan. Talk to your child's doctor about the different behavioral therapy options that could benefit your child.

Will medications cure my child's ADHD?

While medications do not cure ADHD, your child's symptoms can be better managed with medications. Many children may no longer require treatment as they grow into adulthood.

How do I decide which medication is most appropriate for my child?

Selecting a medication depends on factors personal to your child. Talk to your child's doctor to discuss the options available.

Will taking stimulant medications put my child at risk of substance abuse?

Taking stimulant medications as prescribed will not put your child at risk for substance abuse. ADHD puts children at higher risk for impulsive behaviors and medications for ADHD reduces the risk for impulsivity and substance abuse.

Can my child take a break from medications?

Some children take medication breaks during weekends, holidays, and during the summer. This decision is made based on how ADHD affects your child's ability to complete day-to-day tasks. Ask your child's doctor if a break from medications would benefit your child before stopping them.

How do I explain ADHD medications to my child?

It is important that you and your child discuss what ADHD is and how medications will help improve your child's symptoms. A commonly used analogy is comparing ADHD medication to eyeglasses. Just as glasses help some people see better, ADHD medication can help your child focus, pay attention and behave better.

Will the medication change my child's personality?

Medications for ADHD improve symptoms that your child might have had prior, such as hyperactivity or impulsivity. If you notice that your child is having a lack of emotional response or is irritable, please mention this to your child's doctor.

What if I have trouble getting my child's meds from the pharmacy?

Ask your pharmacy to send you reminders when your child's medication is ready or due for refill. Contact your child's pharmacy or health plan about home delivery options.

