



Attention Deficit Hyperactivity Disorder

Best-Practice Intervention Strategies*

- Educate parents on ADHD management
- Increase parent/child symptom awareness
- Parental tracking of assignments, chores, and home responsibilities
- Rule out comorbid disorders
- Assess for possible presence of parental psychopathology interfering with treatment
- Take prescribed medications consistently and monitor for side effects
- Maintain communication with school to increase compliance on assignments
- Develop and utilize effective study skills
- Delay instant gratification in pursuit of long-term goals
- Develop increased anxiety management skills and self-confidence
- Develop effective problem-solving skills
- Increase verbalization of acceptance of responsibility for behaviors
- Identify stressors and emotions that trigger hyperactivity and impulsivity
- Identify constructive outlets for energy

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Members with speech or hearing disabilities call 1-800-743-3333 for TTY/TDD.

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Compiled by Cenpatico from multiple sources; citations available upon request. Last Updated 1/27/11