

## 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

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