

Dr. Cheryl Chase



Chasing a  
Child's Potential

# TREATMENTS FOR ADHD



Dr. Cheryl Chase holds a doctorate in clinical psychology from the University of Toledo and is licensed in the state of Ohio. In addition to her successful private practice, she is a college instructor, much sought-after speaker, author and a frequent guest on television news shows. Her down-to-earth and often humorous approach to learning makes her a favorite with educators, parents and children alike. Dr. Chase is an active member of the American Psychological Association, the International Dyslexia Association, and Children and Adults with ADD (CHADD). She has devoted her career to helping children reach their fullest potential.

## Table of Contents

Treatments for ADHD	3
Four modes to address ADHD in children	4
Medication	5
Parent and child education	6
Behavior management	7
School programming and support	8-9
Closing	10



## Treatments for ADHD

ADHD, or Attention Deficit Hyperactivity Disorder, is one of the most commonly diagnosed conditions in childhood. But the question remains, what do we do about it? In this article we'll be discussing treatments for ADHD. The best way to think about treatments for ADHD is by using what is called a multi-modal approach. What that means is we use different ways to address the problem.

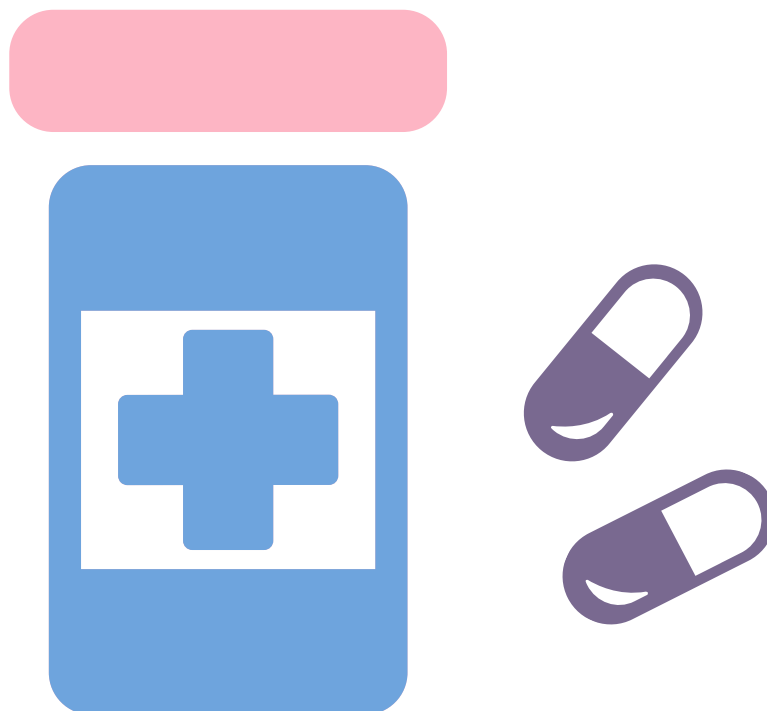
# There are generally thought to be four modes or ways that we address ADHD in children.

1. Medication
2. Parent and child education
3. Behavior management
4. School programming and support



# Medication

The first mode of treatment involves medication. Research has proven clearly that medication is the most effective treatment to address symptoms of ADHD in children. It does work. There is a variety of medication available and information about medication is always changing. Therefore, I strongly suggest you talk to your physician, pediatrician or other healthcare provider about this option to treat the symptoms of ADHD.





## Parent and child education

The second mode of treatment involves parent and child education. It's very important that the parents and child understand this condition, the symptoms, what to expect, the course of the disorder and the possible outcomes. This will help everyone keep a disability perspective and understand that the child is not choosing the condition or the difficulties being caused by it. It's also very important that they understand all of their treatment options and can choose wisely, knowing what is available to them. Understanding the condition and setting realistic expectations is crucial to improve outcome.



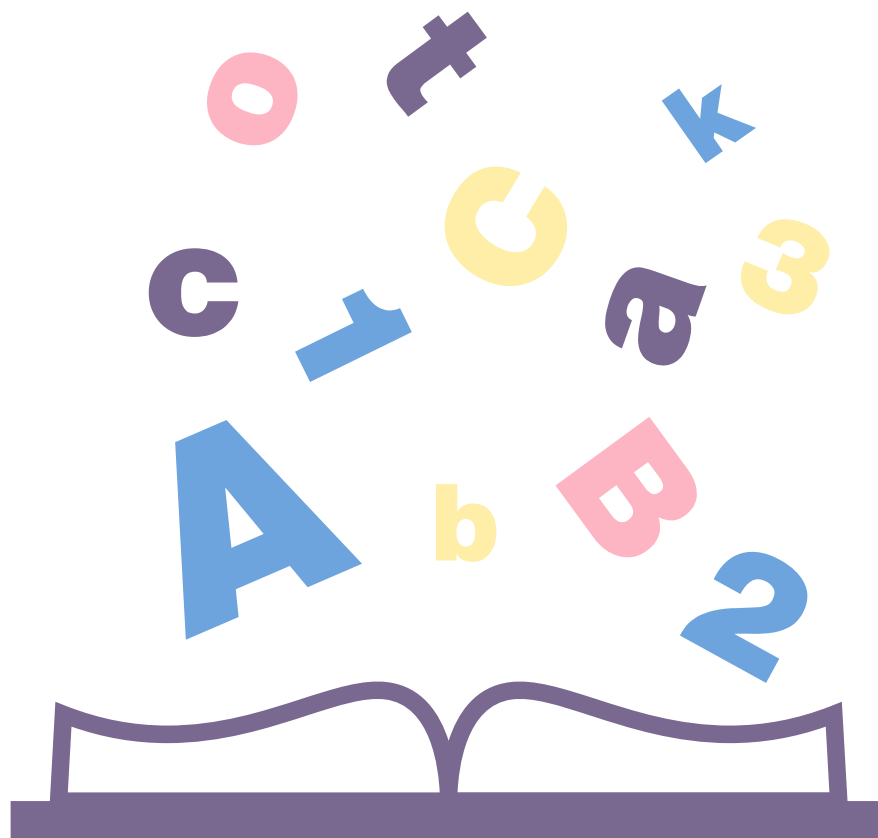
## Behavior management

The third mode of treatment involves behavior management. What does that mean? What it means is that both at home and school we need to identify a set of expectations that will be rewarded for the child. In other words, be clear about what sorts of behavior you want to see more of and what you want to see less of. Reward and reinforce the behaviors you want to see more of and either ignore or do a mild punishment following the behaviors you want to see less of. Be consistent, stick with a plan and make sure that home and school are coordinated in their efforts.



# School programming and support

The fourth mode of treatment involves increasing programs and supports at school. ADHD can have a real impact on a child's ability to learn and perform at school. You may want to increase structure around unstructured times. When a child is working on a worksheet, he or she is told do items one through four and then bring it up to me to see how you did. We can also increase expectations and demands at school. We can tell the child clearly what the demands and expectations are and what the behaviors are that we want to see more of, and make sure that we reward those behaviors when the child displays them.





## School programming and support (continued)

It's also important that we keep distractions low at school, especially during testing. The child may do well in a space that is more quiet and private. Kids with ADHD also like to get up and move around a lot, so we want to make sure we give them opportunities to run errands or do chores for the teacher. In other words, rather than fighting them to comply, listen, stay still and follow directions, we want to work with the ADHD. Give them breaks when they need it. Let them move around as necessary and have them sit still and pay attention for only short bursts of time.

## Closing

So as you can see, ADHD involves a multi-modal approach that requires input from family, school, physicians and the child him or herself. This is just the beginning of the ways that we can help and treat children with ADHD. For more information, check out some of the resources on my website. I'm sure this information will be helpful to you as you're chasing a child's potential.



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6100 Oak Tree Boulevard  
Suite 200  
Independence, OH 44131  
[info@chasingyourpotential.com](mailto:info@chasingyourpotential.com)  
☎ (216) 328-2045  
[www.chasingyourpotential.com](http://www.chasingyourpotential.com)