



Checklist For Parents Whose Child is Newly Diagnosed with ADHD

1. Understand the Diagnosis

- Review the Evaluation Results: Make sure you fully understand the details of the diagnosis and what it means for your child.
- Ask Questions: Clarify any aspects of the diagnosis that you find confusing or unclear. Understand the type of ADHD your child has (inattentive, hyperactive-impulsive, or combined).

2. Develop a Treatment Plan

- Collaborate with Healthcare Providers: Work with your child's primary care doctor, psychiatrist, psychologist, or other specialists to develop a personalized treatment plan.
- Consider Medication Options: Discuss the potential benefits and side effects of ADHD medications (stimulants and non-stimulants). Ensure you understand how the medication works and what to expect.
- Explore Behavioral Therapy: Look into behavioral therapy options, such as Cognitive Behavioral Therapy (CBT), which can help your child develop coping strategies and improve their behavior.

3. Get Educational Support

- Individualized Education Plan (IEP): If your child qualifies, work with the school to develop an IEP, which provides tailored educational accommodations and support.
- 504 Plan: If an IEP is not applicable, consider a 504 Plan, which outlines accommodations to help your child succeed in school.
- Teacher Collaboration: Maintain open communication with your child's teachers to ensure they are aware of the diagnosis and understand the best strategies to support your child in the classroom.

4. Home Environment and Routines

- Structured Routine: Establish a consistent daily routine to help your child manage their time and activities more effectively.
- Organizational Tools: Use tools like planners, calendars, and checklists to help your child stay organized and on track.

- **Positive Reinforcement:** Implement a system of rewards and positive reinforcement to encourage good behavior and achievements.

5. Make Lifestyle and Wellness Changes

- **Healthy Diet:** Ensure your child has a balanced diet rich in nutrients that support brain health. Limit sugar and processed foods.
- **Regular Exercise:** Encourage regular physical activity, which can help reduce ADHD symptoms and improve overall well-being.
- **Adequate Sleep:** Establish a consistent sleep routine to ensure your child gets enough rest, as sleep is crucial for managing ADHD symptoms.

6. Nurture Social Skills and Emotional Support

- **Social Skills Training:** Consider enrolling your child in social skills training programs to help them develop better interpersonal skills.
- **Counseling:** Seek counseling or therapy to address emotional and social challenges associated with ADHD.
 - [Pediatric and Family Therapy \(ASCEND\) for Riverside and San Bernardino Counties:](#)
- **Peer Support Groups:** Look for ADHD support groups for children and parents to share experiences and strategies.
 - [CHADD \(Children and Adults with Attention-Deficit/Hyperactivity Disorder\)](#)
 - [Orange County CHADD Location](#) with regular zoom support group meetings

7. Monitor Progress

- **Regular Check-Ins:** Schedule regular follow-up appointments with healthcare providers to monitor your child's progress and adjust the treatment plan as needed.
- **Track Symptoms:** Keep a journal to track your child's symptoms, behavior, and any side effects of medication. This can help in fine-tuning the treatment plan.

8. Seek Out Parent Education and Support

- **Educate Yourself:** Learn as much as you can about ADHD through books, online resources, and workshops.
 - [What is ADHD?](#)
 - [ADHD Toolkit for parents & Caregivers \(by CHADD\):](#) includes diagnosis and treatment guide, quick facts, infographics, articles, and videos
 - [ADHD Magazine](#) with updates in treatment, information, and personal stories

- [Riverside County ADHD Landing page](#): includes basics, Symptoms, Treatment Overview, helpful links for parents, medications, and related information, as well as a guide for when to call a doctor.
- Support Groups: Join parent support groups to connect with other families facing similar challenges and to share advice and encouragement.
 - Parent-to-Parent Non-Crisis Telephone Support Line: (951)358-3622; Toll free (888)358-3622
- Parent Training Programs: Consider enrolling in parent training programs that focus on managing ADHD behaviors and improving parent-child relationships.
 - [Riverside County RUHS Behavioral Health Parent Support and Training Program](#): Includes services like support and educational groups, mental health training, parent-to-parent telephone support line, social events, youth mentorship, limited respite, and parent resource library.

9. Legal and Advocacy Considerations

- Know Your Rights: Familiarize yourself with your child's educational rights under laws like the Individuals with Disabilities Education Act (IDEA) and Section 504 of the Rehabilitation Act.
- Advocate for Your Child: Be prepared to [advocate for your child's needs in educational](#) and medical settings to ensure they receive appropriate support and accommodations.

10. Long-Term Planning

- Transition Planning: As your child grows, plan for transitions such as moving from elementary to middle school, high school, and beyond.
- Life Skills Training: Focus on teaching life skills that will help your child manage their ADHD symptoms and succeed in adulthood.



I Embrace ADHD (ieADHD.org) aims to promote awareness and support for ADHD, with resources specifically for inland empire Riverside County and nearby communities in California.

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The information provided on this website is intended for informational purposes only and should not be construed as a substitute for professional medical or psychological advice. Always seek the advice of your qualified mental health provider with any questions you may have regarding a mental health condition. If you are experiencing a mental health crisis, please contact emergency services or your healthcare provider immediately.

If you need immediate emotional support, call or text 988 (Suicide & Crisis Lifeline), or dial 911 in an emergency.