

Pointers For Parents

New Survey Reveals All-Day Impact Of ADHD On Children And Parents

(NAPSA)—By learning more about Attention Deficit Hyperactivity Disorder (ADHD), parents may be able to help their children succeed both in and out of the classroom.

That's because children with ADHD face challenges well beyond the classroom. According to a new survey, parents of children with ADHD are nearly three times more likely to report that their child has difficulty getting along with neighborhood children, more than twice as likely to say their child gets picked on, and half as likely to believe their child has many good friends, than parents of children without ADHD.

"ADHD is not just a school-day disorder; it is an all-day disorder," said Harold S. Koplewicz, M.D., Director, New York University Child Study Center which developed the national survey. "In addition to its proven impact on academic performance, results reveal that children diagnosed with ADHD face serious social development issues that affect their relationships with family and friends and impede their participation in after-school activities. Successful management of this condition needs to address all aspects of a young person's daily life."

More than 500 parents participated in the first ever national I.M.P.A.C.T. Survey (Investigating the Mindset of Parents about ADHD & Children Today), developed by the NYU Child Study Center. The survey is believed to be the first ever to compare attitudes and perceptions of parents of children with and without ADHD.



Behavioral modification programs and medication may help children with ADHD successfully manage their condition.

Furthermore, parent responses indicate that many children are not following recommended treatment for their condition. Of parents of children with ADHD, 45 percent say that behavior therapy has been recommended for their child, yet less than one-quarter (21 percent) report that their child participates in behavior therapy. Additionally, 89 percent of parents of children with ADHD report that their child has been prescribed medication to help manage their symptoms, and only 55 percent report that their child is currently taking medication.

In addition, only 67 percent of parents of children who are receiving medication for their ADHD report being "very" and "somewhat" concerned about consistent medication during evenings and weekends.

"Parents should talk with their physician about available behavioral modification programs as well as longer-lasting medications that can help children with ADHD effectively manage the symptoms of their condition everyday, before, during and after school, including weekends," said Dr. Koplewicz.

NYU Child Study Center has created tips for parents of children with ADHD to help them with successful management of the condition. The complete tips, along with more information on the survey and ADHD are available on the NYU Child Study Center Web site, www.AboutOurKids.org.

10 Tips to Manage Your Child's ADHD All Day

Developed by the New York University Child Study Center

1. Work with your child to create a plan
2. Maintain a regular schedule
3. Build a support team that includes parents, teachers, instructors and coaches
4. Encourage participation in after-school activities
5. Manage ADHD for the long-term
6. Keep routines fun and take breaks
7. Recognize EVERY win
8. Use available resources
9. Evaluate a child's strengths and weaknesses
10. Understand the challenges of ADHD

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