

# Pointers For Parents

## Doctor Gives Advice to Parents of Children with ADHD

(NAPSA)—For the nearly three million school-age children with Attention Deficit Hyperactivity Disorder (ADHD), going to school each day can be very difficult. Children with ADHD generally have difficulty coping with a traditional classroom setting—typically, they may be excessively restless, inattentive, easily distracted, impulsive and may even require special classroom accommodations.

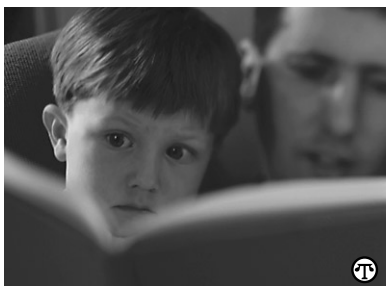
To help parents prepare their children with ADHD to adapt more easily to the formal classroom environment and perform their best, Donna Palumbo, Ph.D., a nationally renowned expert on ADHD and director of the Strong Neurology ADHD Clinic at the University of Rochester Medical Center offers the following advice:

- Partner with your child's teacher(s). Try to arrange a meeting with the teacher early in the school year to explain your child's strengths, difficulties, what motivates your child and what methods worked best in the past. Make an effort to communicate frequently with teachers throughout the school year regarding your child's progress.

- Advocate for your child's needs. If you choose, you can develop an Individual Education Plan, a standardized form that specifies special services and/or accommodations that teachers will provide for your child. The plan may include simplified instructions, frequent breaks, tailored homework assignments and untimed testing.

- If your child is on ADHD medication, notify his or her teacher. Teachers should understand the actions, benefits and side effects of your child's ADHD medication. In addition, teachers should also be informed as to what dosing regimen the child is on and if the dosing has been or will be adjusted.

- To eliminate the need for your child to leave class for a midday medication dose, which may be



**At-home preparation can help children with ADHD succeed in school.**

disruptive and embarrassing, ask your doctor about new once-daily medications for ADHD such as Metadate® CD (methylphenidate HCl, USP) Extended-Release Capsules, 20 mg (CII). Unlike some older treatments, a single daily dose of Metadate® CD, taken in the morning, controls ADHD symptoms during the school day.

- Arrange for preferential seating away from distractions, such as in the front row, and next to positive peer models.

- At home, help your child build good time management and organizational skills and adhere to routines. Make rules and consequences consistent. Reward non-hyperactive behavior with praise, and frequently tell your child that you love and support him or her.

Metadate® CD should not be used in children under six years of age. Metadate® CD Capsules are contraindicated in patients with marked anxiety, tension, and/or agitation; in patients with glaucoma, tics or Tourette's Syndrome; with or within 14 days of using MAO inhibitors.

Use caution in patients with a history of psychosis; drug or alcohol dependence; seizures; hypertension or cardiovascular disease. In clinical trials, the most common adverse reactions were headache, abdominal pain, decreased appetite and insomnia.

For more about ADHD, call 1-866-ADHD INFO.