

RESOURCES AVAILABLE

National ADHD Group
C.H.A.D.D.
8181 Professional Pl Ste. 201
Landover, MD 20785
800-233-4050
<http://www.chadd.org>

Attention Deficit Disorder Association (ADDA)
P.O. Box 7557
Wilmington, DE 19803
800 939-1019
<http://www.add.org>

National Institute of Mental Health
www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/

*Children and youth with disabilities have the right to a free appropriate public education.
IDEA 2004*

Parent Training and Information (PTI) Offices are located throughout the State. Call our main office toll-free at 1-800-572-7368 (v/tty) for the office closest to you.

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Parent Training and Information Program

Tips for Parents of Children with
ADHD
(Attention Deficit Hyperactivity Disorder)

Statewide Parent Training and Information Center
6316 So. 12th St.
Tacoma, WA 98465
(253) 565-2266 (v/tty)
1-800-5-PARENT (v/tty)
Fax: (253) 566-8052
E-mail: pave@wapave.org
Website: www.wapave.org

Third Decade of Service

What is Attention Deficit/Hyperactivity Disorder (ADHD)?

This disorder is usually characterized by the following:

- ✓ An inability to pay attention to tasks, short attention span
- ✓ Often fidgets
- ✓ Easily distractible
- ✓ Has difficulty following through or completing tasks
- ✓ Often talks excessively
- ✓ Often doesn't seem to listen
- ✓ Often engages in dangerous activities without considering possible consequences, impulsive
- ✓ Affects more boys than girls
- ✓ Usual onset before the age of 7
- ✓ Can be aggressive
- ✓ Impulsiveness

Who can diagnose Attention Deficit/Hyperactivity Disorder?

A primary healthcare provider or psychologist can diagnose ADHD.

How does my child qualify for special education services?

In Washington State, children who have been diagnosed with ADHD by a physician may qualify for services under Health Impaired (see WAC 392-172A-01035), if the condition adversely affects or with a high degree of professional certainty will affect their educational performance.

What if my child doesn't qualify for special education services?

The section 504, Rehabilitation Act of 1973, states that any child:

- who has a physical or mental impairment that substantially limits one or more major life activities;
- has a record of impairment,
- is regarded as having impairment; shall be provided **FREE and APPROPRIATE PUBLIC EDUCATION** designed to meet his/her individual needs, as appropriately as students without disabilities. The law requires an evaluation to determine the student's needs and a plan to meet those needs with related services and/or accommodations.

Can medication help?

The use of medication should be initiated only after careful consultation with a physician who is knowledgeable about this disorder. The decision to medicate or not to medicate is up to the family.

Can a child with ADHD also have learning disabilities?

Yes, an estimated 85% of children with ADHD also have learning disabilities. They may also have repeated a grade or been recommended for retention. If you feel your child has ADHD or a learning disability, refer him/her for an evaluation at your local school district. Ask for a complete evaluation in all areas of suspected need according to WAC 392-172A-03005 through 03080.

How do I initiate the process for my child to qualify for special education services?

Contact your child's teacher, principal or special education director and request a full evaluation, preferable in writing. You should describe all the areas that you are

concerned about that are possibly keeping your child from benefiting from his/her education program. It should be sent to your school district's Special Education Director. Send it certified or hand carry it and have it date stamped. Make a copy for your records.

Can children with ADHD have social problems?

Yes, because of a child's impulsiveness and poor self-control, he/she may have difficulty making and keeping friends. Children with ADHD often seem to be unaware of signals and cues that control social behavior. Because of not being able to "read" these social cues, they are misunderstood and pushed out of groups.

Social skills training for all individuals are often helpful. This issue can be addressed if necessary on the Individual Education Program (IEP).

How can we help our child in school?

It is very important to keep in mind that you know your own child best. Sharing your knowledge with your child's teacher is very important. This can be accomplished by:

1. Communication through classroom visits, observations, conferences, written notes, or by telephone.
2. Offer materials you have found to be helpful: books, magazine articles, physician, or psychological reports you wish to share.
3. Participate in your child's IEP.