

Deep Dive Into Stimulant Medication

Key Points

- Potential benefits of medications include:
 - improved focus, attention, and work completion
 - better impulse control (which can lead to improved relationships)
 - increased self-esteem and reduced frustration
 - reduced risk of accidental injuries
- There are actionable strategies to address potential side effects. Work with your prescribing doctor to develop an individualized plan.



Most side effects are temporary and manageable with the support of your medical provider.

Home Practice

Create a list of questions to ask the medical provider at your first appointment. Write this list down (paper, phone, etc.).

Continue the [behavior log](#) for your child to track treatment progress.

Resources

- [Complete Guide to ADHD](#), Child Mind Institute
- [ADHD Medication Log](#), Understood
- [ADHD Stimulants and their Effect on Height in Children](#), Family Physicians of Canada