

Understanding ADHD & Medication Basics

Key Points

- ADHD is one of the most common neurodevelopmental disorders affecting children.
- There are 3 primary symptom clusters:
 - inattention
 - hyperactivity
 - impulsivity
- Not all children with ADHD will have symptoms from all 3 categories.
- While chronic, ADHD can be managed with the right support and medical guidance.



ADHD is a brain-based difference, not a character flaw or a result of “bad” parenting.

Home Practice

Start a behavior log for your child to establish a baseline for tracking treatment progress. This will be used in future sessions.

Resources

- [How is the ADHD Brain Different?](#), Child Mind Institute
- [ADHD and School Toolkit](#), CHADD – *Find a template for your behavior log here!*