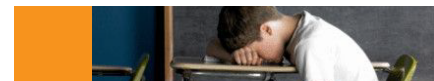


NEW



BACK TO SCHOOL GUIDE

for Canadian Families of Children with ADHD

Back to school can be an exciting time for all families but for parents of children with ADHD, it can also be very stressful with new teachers, new schools and new routines. The following tips are from the NEW complete Center for ADHD Awareness, Canada (CADDAC) Back to School Guide which can be downloaded from the CADDAC website at www.caddac.ca

life at home

Organizing before and after school routines – this is the time to start fresh and put all those organizational strategies that you read about in place.

- Post a checklist of routines where your child will easily see them – on the fridge, bathroom mirror or his/her bedroom door.
- Designate a spot for things that need to go back and forth to school; reinforce and post home organization rules and responsibilities.
- Create a quiet, clutter-free homework spot containing only the necessary supplies.
- Re-evaluate extra-curricular activities to be certain they are the right fit for your child and their schedule.

transition to school

Scheduling a meeting with your child's new homeroom teacher is a great start, but you should arrive prepared for this meeting to be effective. Bring the following information to this discussion:

- A list of your child's best attributes, quirks and difficulties – help the teacher understand your child and how ADHD affects them.
- A list of strategies that worked well for your child in previous years.
- An overview of common causes of stress for your child and family, such as homework.
- Book a second meeting within a few weeks to assess how the new school year is progressing.

restarting counselling and/or treatment

Make a "back to school" appointment with your child's doctor or treatment provider to review their complete health and progress managing their ADHD. Prepare for this doctor's appointment by:

- Research counselling, therapy and treatment options that you think may be right for your child. Make notes about what is working well and/or falling short of your expectations. Work in partnership with your child's doctor to agree on next steps.
- Map out your child's typical day to establish whether their current medication is consistently effective throughout the day and lasting into the evening, allowing them to complete homework and extra-curricular activities like sports and clubs. If appropriate, discuss new, longer-acting medications.
- Book a follow-up visit before leaving – to consistently track your child's condition.