

# ADHD Self-Care Plan

---

At your appointment today you and your care team discussed your child's ADHD and made a plan for what to do next. These are the notes on what you did and decided.

## Goals

Treatment goals are made to improve day-to-day function in areas that have been identified as impaired. This may be more than simply suppressing ADHD symptoms.

*Your goal – The goal you have set for your child's ADHD care is:*

---

## Medication Instructions:

- Make sure your child takes medication as prescribed. Don't allow your child to skip doses. Your child's doctor will give you instructions for what to do if a dose is missed.
- Watch for side effects. Some medications have mild side effects that usually last a few hours to a few days, and often resolve. Use the form below to note them – and call your doctor's office if they concern you. Communication between you, the teacher, and the doctor is vital when your child stops or starts a new medication.
- Assessment
  - Vanderbilt Forms completed by parents \_\_\_\_\_ by school \_\_\_\_\_
- Medication Goal set with provider:
  - *First follow-up appointment in 3-4 weeks (within 30-day time frame)*

**Date of follow up:** \_\_\_\_\_

Physician will review medication effects and side effects and check progress towards goals set by family.

- *Continued Follow-up every 3 months*

**Date of Follow up:** \_\_\_\_\_

Physician may request follow-up appointments as often as every 3-4 weeks until child is stable and shows progress towards goals. After that, follow-up visits will be every 3 months per Einstein Pediatrics Policy.

## Self-care:

- Healthy Behaviors: Check goals that you and your child want to most work on now.
    - Get proper nutrition
    - Exercise at 30 minutes a day
    - Sleep at least 8 hours per night
    - Bed Time Routine
    - Completion of Homework
-