

TREATMENT FOR ADHD – WHERE DO WE GO FROM HERE?



So the child has gone through a *Good Assessment* and it appears that ADD/ADHD is the right diagnosis – *WHAT DO WE DO NOW?*

That is a *very good question*. The *three most useful* ways to treat ADD/ADHD, as determined by researchers over the last 30 years, are:

- *Medication*
- *Behavior Management*
- *Medication Combined With Behavior Management*

Our handout focuses on these three approaches because a large body of science has found them to be useful. A wide range of other approaches exist – everything from diet to “behavioral optometry.” However, the scientific support for most of them is sketchy at best, so they are not presented here.