Questions to ask an ADD / ADHD specialist

Consulting with an ADD/ADHD specialist or an experienced psychiatrist can help you understand the pros and cons of medication. Here are some questions to ask:

What ADD/ADHD treatments do you recommend?
Can my child's symptoms be managed without medication?
What medications do you recommend and what are the side effects?
How effective is medication for my child's ADD/ADHD?
How long will my child have to take medication?
How will the decision be made to stop medication?

Treatment For Attention Deficit Disorder

Exercise regularly. Exercising is one of the most effective ways to reduce the symptoms of ADD/ADHD.
Eat a healthy diet. Add more omega-3 fatty acids, zinc, iron, and magnesium to your diet.
Get plenty of sleep. Have a set bedtime and stick to it. Avoid caffeine later in the day.
Try therapy. Focus on managing stress and anger or controlling impulsive behaviors.
Positive attitude. A positive attitude is the best medicine for treating ADD/ADHD.

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