

insideADHD.org™

This is an overview of the redesign process for an informational site aimed at people with ADHD and those who live and deal with them on a regular basis.

In addition to the challenge of re-working the content into a smaller number of more relevant buckets, we planned to add a video series, some social media and an overall new look and feel for the entire brand (while leaving the logo untouched).

With only the most meager budget for any sort of research, we pulled information from our tech support team and performed a card sort with a few participants to try and hone down the new content areas. We then re-architected and re-designed the site, arriving at a much cleaner, clearer, more usable experience for the audience, which has been repeatedly borne out in user feedback.

insideADHD: Before



insideADHD.org

Focusing together on ADHD

search

ADHD 101	Find general information about ADHD
Diagnosis	Learn about ADHD symptoms and diagnosis
Treatment	Explore different ways of treating ADHD
ADHD Toolkits	Download tools to help your child cope with ADHD
Safety	Use ADHD medications safely and responsibly
Family Life	Manage ADHD at home with success
Voices in ADHD	Read and share stories about living with ADHD
ADHD at School	Ensure that your child is learning and thriving
Lessons	Learn more about managing ADHD medications
Adult ADHD	Find articles about coping with ADHD as an adult

Lessons

> **How to Handle ADHD Medications - For Parents and Children Ages 11-14**

This lesson is meant for you and your child to read together.

> **How to Handle ADHD Medications - For Parents and Children Ages 15-18**

This lesson gives you the information you need to safely handle and take ADHD medication.

> **How to Handle ADHD Medications - For Parents and Children Ages 6-10**

This is a chance to learn a little bit about ADHD and your medicine. That way, you'll be able to help your parents and your doctor know if your pills are working the way they're supposed to. That's a good thing!

> **Medication Basics**

It's a big decision to put your child on daily medication for ADHD. As a parent, you want your child to feel better and your family to have peace – but you may have some nagging doubts.

> **Medication Safety**

Your child has ADHD, and was just given a prescription for a psychostimulant medication. You already know that safety is important when taking any prescription drug. It's especially important to handle your child's ADHD medicine correctly, because it's classified as a "controlled substance."

> **Side Effects and How to Deal With Them**

It's tough enough deciding to use stimulant medication to treat your child's ADHD symptoms. If side effects are a possibility, too, will that be a deal breaker?

Ask the Expert

Dr. Peter Anderson responds to an Ask the Expert question... I keep reading about teenagers abusing stimulant medication. How much of a concern is this? May 2009

May 2009

[More>>](#)





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➤ ***ADHD Basics: Attention Deficit Hyperactivity Disorder***
Understanding this condition

➤ ***ADHD in a Managed Care Context***
Succeeding in today's health care system

➤ ***ADHD in Children***
Where it all begins

➤ ***ADHD Symptoms***
How can you tell if it's ADHD?

➤ ***ADHD Teens***
Taking on a new perspective

➤ ***Childhood ADHD vs. Adult ADHD***
A diagnosis grows up

➤ ***Success with ADHD***
It can happen when ADHD is treated

Assessment

ADHD Myths

Answer the following questions to see how much you really know about ADHD.

[Go There>>](#)

Featured Tool

The ADHD Brain

View how the ADHD brain functions.

[Go There>>](#)

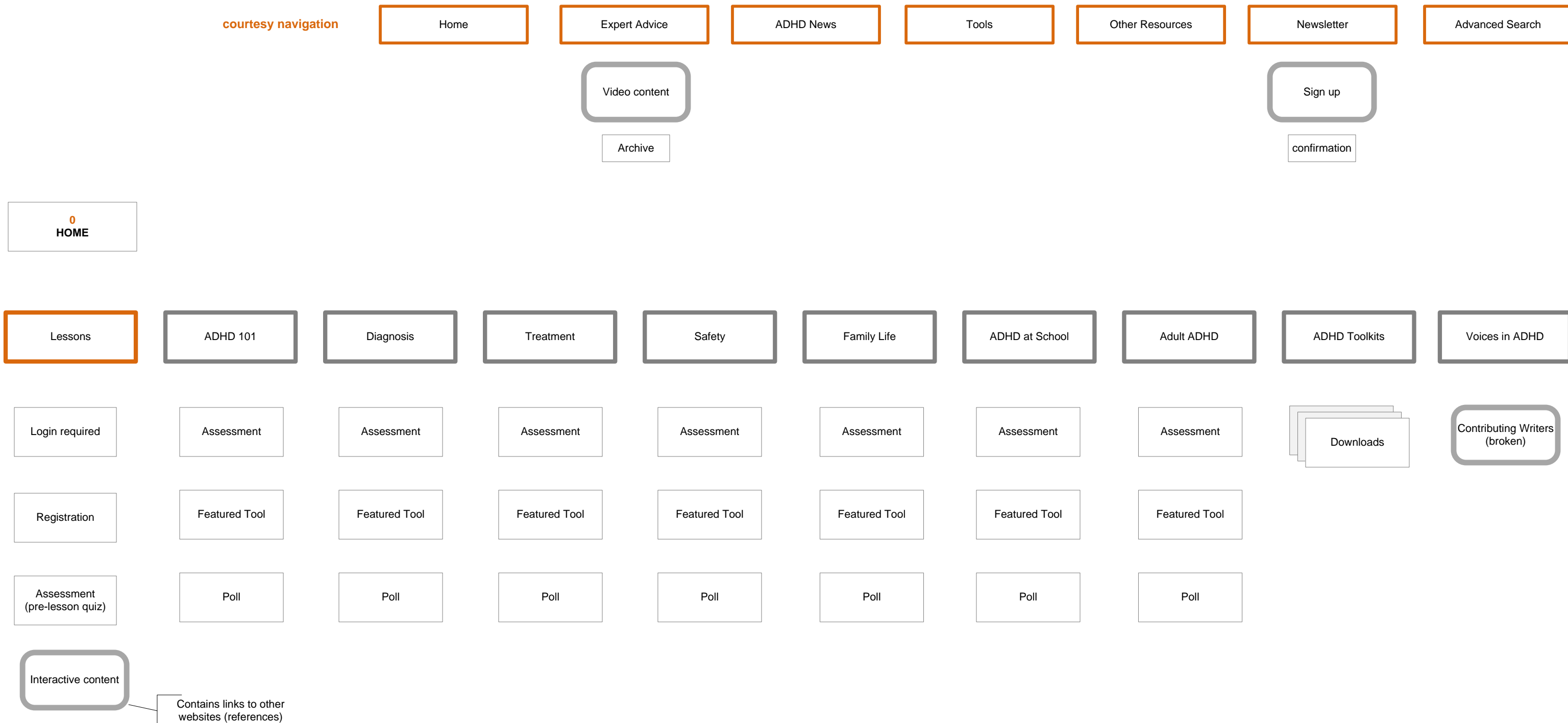
Poll

What is the most challenging aspect of dealing with teens with ADHD?

- ☐ Driving
- ☐ Handling money
- ☐ Peer relationships
- ☐ School work

[Vote](#)

insideADHD: architecture diagram > current structure



insideADHD Content inventory (part)

InsideADHD.org Content Inventory - 2/2010

Silo/Category	Type	Subtitle	Author	Reviewed By	Date Written	Date Deployed	Photo
ADHD 101							
ADHD in a Managed Care Context	Article	Succeeding in today's health care system		Peter Jensen			dhd.org/images/adh
ADHD Basics: Attention Deficit Hyperactivity Disorder	Article	Understanding this condition	J Konopa	Peter Jensen		Site launch, 5/08	
ADHD in Children	Article	Where it all begins	J Konopa	Peter Jensen		Site launch, 5/08	
ADHD Symptoms: How can you tell if it's ADHD?	Article	Distinguishing ADHD and Non-ADHD Behaviors		Peter Jensen		Site launch, 5/08	
ADHD Teens	Article	Taking on a new perspective				Site launch, 5/08	
Childhood ADHD vs. Adult ADHD	Article	A diagnosis grows up		Jonathan Brush		Site launch, 5/08	
Success with ADHD	Article	It can happen when ADHD is treated	J Konopa	Peter Jensen		Site launch, 5/08	
Diagnosis							
Types of ADHD: Hyperactivity, Inattention, and Impulsivity	Article	The three types of ADHD		Peter Jensen		Site launch, 5/08	dhd.org/images/dia
The ADHD Evaluation Process	Article	Putting the pieces together		Hector Bird		Site launch, 5/08	
Girls and ADHD	Article	Closing the gender gap		Peter Jensen		Site launch, 5/08	
ADHD and Development	Article	Typical stages of development for children with ADHD	Jonathan Brush	Jonathan Brush		Site launch, 5/08	
Conditions associated with ADHD	Article	Additional conditions that can impact ADHD	Jonathan Brush	Jonathan Brush		Site launch, 5/08	
Faking ADHD	Article	A very real problem	Alicia Potter	Peter Anderson		November-08	
Treatment							
ADHD Action Plan	Article	Moving forward with treatment		Mary Robertson		Site launch, 5/08	dhd.org/images/trt
ADHD Behavior Change	Article	Techniques of behavioral management and modification	Jonathan Brush	Hector Bird		Site launch, 5/08	
ADHD Help	Article	Getting ADHD Treatment in the primary care setting				Site launch, 5/08	
ADHD Medication Options	Article	What you need to know about ADHD medication options	Jonathan Brush	Peter Anderson		Site launch, 5/08	
ADHD Treatment Options	Article	What's the right route for you?	Alicia Potter	Peter Anderson		Site launch, 5/08	
Beyond Medical Methods	Article	Alternative ADHD treatment ideas	Jonathan Brush	Hector Bird		Site launch, 5/08	
ADHD Medications and Other Substances	Article	A safe mix?	Alicia Potter	Peter Anderson		Sep 08	
Environmental Strategies for Living with ADHD	Article	The impact of a person's environment on ADHD					
Family Life							
ADHD Behavior Management	Article	Strategies that work		Hector Bird		Site launch, 5/08	dhd.org/images/fat
Adults and ADHD	Article	When a parent has ADHD		Mary Robertson		Site launch, 5/08	
Cultural Considerations of ADHD	Article	Do race and ethnicity make a difference?	M Mathew	Mary Robertson		Site launch, 5/08	
Family Challenges with ADHD	Article	How ADHD affects family functioning				Site launch, 5/08	
Managing Teen ADHD	Article	Money, Driving, and Relationships		Hector Bird		Site launch, 5/08	
Parenting Difficulties with ADHD	Article	ADHD and parental behavior	Alicia Potter	Jonathan Brush		Site launch, 5/08	
Raising a Child with ADHD	Article	How you can cope with raising a child with ADHD				Site launch, 5/08	
ADHD Medication Misuse and Abuse	Article	Eight ways to reduce the risk	Alicia Potter			Site launch, 5/08	
ADHD at School							
ADHD Laws and Rights	Article	Learn more about laws that affect your child	M Mathew	Mary Robertson			dhd.org/images/adv
ADHD Learning Differences	Article	Dealing with academic issues in an ADHD child		Mary Robertson			
Homework Difficulties in Children with ADHD	Article	Ideas for improving performance		Mary Robertson			
Teaching Strategies for Children with ADHD	Article	Accommodations for ADHD students					
Academic Support for Children with ADHD	Article	Speaking up to meet your child's needs					
Campus Concerns for Teens with ADHD	Article	Challenges for the ADHD college student		Peter Jensen			
What Parents Should Know							
ADHD and Addiction	Article	Overcoming the odds	Alicia Potter	Peter Anderson			dhd.org/images/livi
ADHD Medication Diversion	Article	The pressure to share pills		Peter Anderson			dhd.org/images/livi
Adult ADHD							
Know your ADHD Rights: The Americans with Disabilities Act	Article	What the Americans with Disabilities Act means to people with ADHD	M. Ward	Mary Robertson			dhd.org/images/adv
ADHD and Work	Article	Tips on Juggling the Demands of Your Job		Jonathan Brush			
ADHD at Home	Article	8 Ways to Get Organized	Alicia Potter	Jonathan Brush			
ADHD and Sex	Article	One Ignored Issue — and Five Ways to Help	Alicia Potter	Jonathan Brush			
Parenting With ADHD	Article	How to Bring Help Home	Alicia Potter				
About Adult ADHD	Article	Success at any age		Peter Jensen			
Career Strategies for Living with ADHD	Article	What you should know as an employee with ADHD					

insideADHD: Card Sort Exercise

insideADHD Cards for Sorting

About Adult ADHD
Academic Support for Children with ADHD
ADHD Action Plan
ADHD and Addiction
ADHD and Development
ADHD and Driving
ADHD and Sex
ADHD and Work
ADHD Around the Clock
ADHD at Home
ADHD Basics: Attention Deficit Hyperactivity Disorder
ADHD Behavior Change
ADHD Behavior Management
ADHD Circle of Care
ADHD Help
ADHD in a Managed Care Context
ADHD in Children
ADHD Laws and Rights
ADHD Learning Differences
ADHD Medication Diversion
ADHD Medication Misuse and Abuse
ADHD Medication Options
ADHD Medications and Other Substances
ADHD Symptoms: How can you tell if it's ADHD?
ADHD Teens
ADHD Treatment Options
ADHD Treatments
Adults and ADHD
Ask the Experts
Beyond Medical Methods
Campus Concerns for Teens with ADHD
Career Strategies for Living with ADHD
Childhood ADHD vs. Adult ADHD
Conditions associated with ADHD
Cultural Considerations of ADHD
Environmental Strategies for Living with ADHD
Faking ADHD
Family Challenges with ADHD
Girls and ADHD
Homework Difficulties in Children with ADHD
How to Handle ADHD Medications - For Parents and Children Ages 11-14
InsideADHD Toolkit
Know your ADHD Rights: The Americans with Disabilities Act
Managing Teen ADHD
Medication Basics
Medication Safety
Parenting Difficulties with ADHD
Parenting With ADHD
Raising a Child with ADHD
Recognizing Adults with ADHD
School-based Problem Solver
Side Effects and How to Deal with Them
Stories, Experiences, and Tips for successfully managing life with ADHD
Success with ADHD
Teaching Strategies for Children with ADHD
The ADHD Brain
The ADHD Evaluation Process
Types of ADHD: Hyperactivity, Inattention, and Impulsivity

Success at any age
Speaking up to meet your child's needs
Moving forward with treatment
Overcoming the odds
Typical stages of development for children with ADHD
Destination safety
One Ignored Issue — and Five Ways to Help
Tips on Juggling the Demands of Your Job
Techniques to help organize the day and keep the ADHD person on track
8 Ways to Get Organized
Understanding this condition
Techniques of behavioral management and modification
Strategies that work
Learn about you and your provider's roles in care
Getting ADHD Treatment in the primary care setting
Succeeding in today's health care system
Where it all begins
Learn more about laws that affect your child
Dealing with academic issues in an ADHD child
The pressure to share pills
Eight ways to reduce the risk
What you need to know about ADHD medication options
A safe mix?
Distinguishing ADHD and Non-ADHD Behaviors
Taking on a new perspective
What's the right route for you?
Find the latest information on ADHD medication and treatments
When a parent has ADHD
Questions about ADHD answered by experts
Alternative ADHD treatment ideas
Challenges for the ADHD college student
What you should know as an employee with ADHD
A diagnosis grows up
Additional conditions that can impact ADHD
Do race and ethnicity make a difference?
The impact of a person's environment on ADHD
A very real problem
How ADHD affects family functioning
Closing the gender gap
Ideas for improving performance
This lesson is meant for you and your child to read together.

What the Americans with Disabilities Act means to people with ADHD
Money, Driving, and Relationships
It's a big decision to put your child on daily medication for ADHD

ADHD and parental behavior
How to Bring Help Home
How you can cope with raising a child with ADHD
A three-part approach to identifying adults with ADHD.
Learn strategies and set limits at school to achieve academic success.

newsletter readers' Q & A
It can happen when ADHD is treated
Accommodations for ADHD students
This interactive illustration animates the ADHD brain functioning.
Putting the pieces together
The three types of ADHD

insideADHD Card Results: High-Low

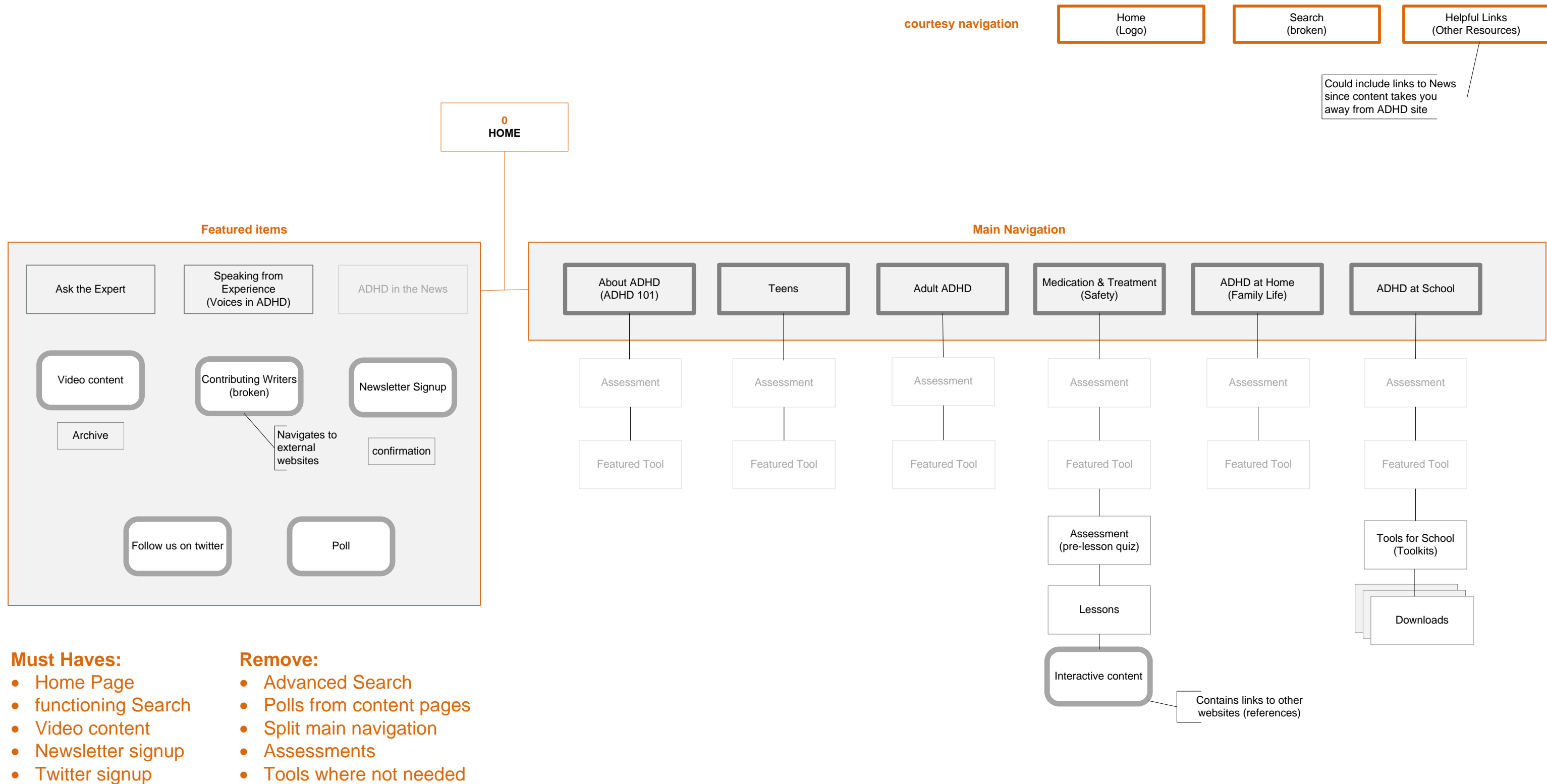
Card Title	Card Number	About ADHD	Children	Teens	Adults	Family / Home	Parenting	School	Treatment & Management	Resources / Tools	Expert Advice	News	Community	Other
About Adult ADHD	1				3									
Academic Support for Children with ADHD	2							1	1	1				
ADHD Action Plan	3					1			1					
ADHD and Addiction	4	1					1		1					
ADHD and Development	5	1	1			1								
ADHD and Driving	6			2					1					
ADHD and Sex	7				1		1					1		
ADHD and Work	8				2							1		
ADHD Around the Clock	9					1	1			1				
ADHD at Home	10					1	1					1		
ADHD Basics: Attention Deficit Hyperactivity Disorder	11	3												
ADHD Behavior Change	12	1							1	1				
ADHD Behavior Management	13							1	1	1				
ADHD Circle of Care	14								2	1				
ADHD Help	15								2	1				
ADHD in a Managed Care Context	16								3					
ADHD in Children	17		2				1							
ADHD Laws and Rights	18									3				
ADHD Learning Differences	19							3						
ADHD Medication Diversion	20			1					2					
ADHD Medication Misuse and Abuse	21								3					
ADHD Medication Options	22								3					
ADHD Medications and Other Substances	23								3					
ADHD Symptoms: How can you tell if it's ADHD?	24	1	1						1					
ADHD Teens	25			2	1									
ADHD Treatment Options	26								2					
ADHD Treatments	27								3					
Adults and ADHD	28				2				1					
Ask the Experts	29								1	1	1			
Beyond Medical Methods	30								2	1				
Campus Concerns for Teens with ADHD	31			3										
Career Strategies for Living with ADHD	32				1		1					1		
Childhood ADHD vs. Adult ADHD	33	2			1									
Conditions associated with ADHD	34	1							2					
Cultural Considerations of ADHD	35	2												1
Environmental Strategies for Living with ADHD	36								2	1				
Faking ADHD	37	2												1
Family Challenges	38					1	2							
Girls and ADHD	39		2				1							
Homework Difficulties in Children with ADHD	40						1	2						
How to Handle ADHD Medications	41								3					
InsideADHD Toolkit	42								1	2				
Know your ADHD Rights: The Americans with Disabilities Act	43									3				
Managing Teen ADHD	44			2					1					
Medication Basics	45								3					
Medication Safety	46								3					
Parenting Difficulties with ADHD	47						1	2						
Parenting With ADHD	48						1	2						
Raising a Child with ADHD	49						1	2						
Recognizing Adults with ADHD	50				3									
School-based Problem Solver	51						1	1	1					
Side Effects and How to Deal with Them	52								3					

insideADHD Initial Raw Sort

About ADHD	Children	Teens	Adults	Family / Home	Parenting	School	Treatment & Management	Resources / Tools	Expert Advice	News	Community	Other
11	5	20	1	3	4	19	2	18	3			35
12	17	31	8	5	7	13	3	43	7			37
33	24	6	25	9	9	55	6	2	8			
35	39	25	28	10	10	19	14	14	10			
37	17	31	50	38	17	40	15	15	29			
56	39	44	1	47	32	51	16	18	32			
58		6	7	48	38	55	51	29				
11		25	8	49	39	2	21	42				
56		31	28		40	19	22	43				
57		44	32		47	40	23	53				
58			33		48	55	24	54				
4			50		49	57	26	9				
5			1		51		27	12				
11			50		53		29	13				
24					38		30	18				
33					47		34	30				
34					48		36	36				
35					49		41	42				
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							52					

insideADHD: Wireframes

insideADHD: architecture diagram > proposed restructuring



- About ADHD
- Treatment
- ADHD at Home
- ADHD at School
- Children & Teens
- Adult ADHD

From the InsideADHD Toolkit

Medication Log

If your child has been prescribed medication, this tool helps you keeps a day-to-day record of the impact of medication on your child, and can help your child's health care provider see whether or not the medication is having its intended impact.

For Parents and Children in Grades 1-5 [Download](#)

For Parents and Children in Grades 6-8 [Download](#)

For Parents and Children in Grades 9-12 [Download](#)

[View the entire toolkit](#)

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2 of 3

Twitter Feed

[Follow Us](#)



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Newsletter

Sign up for our monthly newsletter to learn receive the latest information about managing ADHD

Sign up

[Details](#) | [View Archive](#)

InsideADHD Toolkit

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[For Parents and Children in Grades 1-5](#)

[For Parents and Children in Grades 6-8](#)

[For Parents and Children in Grades 9-12](#)

- About ADHD
- Treatment
- ADHD at Home
- ADHD at School
- Children & Teens
- Adult ADHD

1

5

Expert Advice: Medication Safety

Dr. Jonas Bromberg gives age-specific tips for talking to your child about managing medication side effects and storing medication safely. Lorem ipsum dolor sit amet, consectetur adipiscing elit. Ut non eros quis lorem ipsum

The Triangle of Care

6

Video 3

Video 4

View Archive

4

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1 of 3

Twitter Feed

Follow Us 

2

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Newsletter

3

Sign up for our monthly newsletter to learn receive the latest information about managing ADHD

Sign up

[Details](#) | [View Archive](#)

InsideADHD Toolkit

7

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[For Parents and Children in Grades 1-5](#)

[For Parents and Children in Grades 6-8](#)

[For Parents and Children in Grades 9-12](#)

Project Name: insideADHD.org
Screen: [Home – featured 1](#)

Functional Notes:

- 1

Featured Content. 3 panels will automatically rotate. Controls will allow user to pause on desired panel and move forward and backwards as desired. Should be able to update content easily and frequently
- 2

Twitter feed. Pulls in 3 most recent tweets from the insideADHD twitter account
- 3

Newsletter. Will adhere to Inflexxion standard for newsletter sign-up
- 4

Archive. On-click opens Video Archive List greybox
- 5

Featured video. Screenshot of featured video. On-click opens Video greybox
- 6

Other videos. On-click opens Video greybox
- 7

Toolkit. Links take user to corresponding 'toolkit selected' page
- 8

Footer. Adhere to Inflexxion standard

Design Notes:

Blue text signifies hyperlink. Standard treatment for hover state is an underline. Standard treatment for visited state is italic

8

Home | InsideADHD Toolkit | Helpful Links

insideADHD.org

Focusing together on ADHD

About ADHD

Expert Advice

Adult ADHD

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1 of 3

Twitter Feed

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Sign up

ADHD and the Triangle of Care

insideADHD.org

0:04 / 4:27

360p CC

View Archive

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Project Name: insideADHD.org
Screen: [Video Greybox](#)

Functional Notes:

- 1 Remove recommended youtube videos at the end of this video if possible
- 2 On click closes this greybox and opens the video archive greybox

{Heading 1} Treatment

1

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2

Overview

Treatment Options

What's the right route for you?

Create an Action Plan

Moving forward with treatment

Medication

Medication Options

What you need to know about them

Side Effects and How to Deal with Them

Learn about side effects and how to cope

3

Alternative Treatments

Beyond Medical Methods

Alternative treatment ideas

Behavior Management

Behavior Change

Techniques of behavioral management and modification

4

From the InsideADHD Toolkit

The following tools will help you to talk with your child about medication, track the effectiveness of medication and get organized for medical appointments

Medical Appointment organizer

Medication Contract

Medication Log

View the entire toolkit

5

6

Expert Advice: Medication Safety

Dr. Jonas Bromberg discusses age-specific tips for talking to your child about managing medication side effects and storing medication safely

View Archive

<Prev | Next>

7

ADHD Treatments

Find the latest information on ADHD medication and treatments.

Project Name: insideADHD.org
Screen: [Article list](#) - [categories](#)

- Functional Notes:
- 1
- Intro text.** Brief description of category (i.e. treatment) and content that can be found on this page.
- 2
- Categories.** Section should be divided into categories for organizational purposes (i.e. "Overview", "Medicaion", "Alternative Treatments").
- 3
- Lessons.** UeXD recommends that Lessons be taken out of greyboxes and treated like long articles.
- 4
- Featured toolkit items.** Relevant toolkit items should be featured in Treatment, ADHD at Home, and ADHD at School categories
- 5
- On rollover** tool links will show a second line of text containing links to different age groups. On click 'View the entire toolkit' will navigate to toolkit page
- 6
- Featured video(s).** Videos with relevant topics are featured here. We suggest adding the previous and next functionality in a future release.
- 7
- Featured Flash content.** Where applicable, flash content will be featured here. In most cases it will only be one piece of content but there could be up to two. Link opens a greybox.

{Heading 1} The InsideADHD Toolkit

With the help of respected ADHD experts and input from parents all around the United States, InsideADHD.org has created a comprehensive, downloadable toolkit for parents of children with ADHD. Each version of the InsideADHD Toolkit contains 14 useful tools to help you and your child cope with ADHD at school and at home.

Elementary School

For use by parents of children in grades 1-5

Middle School

For use by parents of children in grades 6-8

High School

For use by parents of children in grades 9-12

Project Name: insideADHD.org
Screen: [Toolkit landing page](#)

Functional Notes:

- 1

Intro Text. UExD recommends changing intro text to make it clear that these are 3 different versions of the same toolkit and that it isn't just for school.

{Heading 1} Treatment

Treatment Options

What’s the right route for you?

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 Print

1

 Share

2

Project Name: insideADHD.org
Screen: [Article](#)

Functional Notes:

- 1

Print. On click will print “print-friendly” version
- 2

Share. We should feature Email, Gmail, hotmail, Ymail, facebook, twitter, delicious, favorite, read it later,

insideADHD: After redesign

FEATURED: Featured Article

1 2 3

Medication Options

Medicine has helped children with ADHD for over 50 years. Clinical research shows that medicine with behavior management is the best alternative to help people with ADHD. Even so, people become very worried when their doctor suggests medicine.

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- For Parents and Children, Grades 1-5
- For Parents and Children, Grades 6-8
- For Parents and Children, Grades 9-12

FEATURED: Expert Advice

1 2 3

ADHD and Medication Safety

Dr. Jonas Bromberg gives age-specific tips for talking to your child about managing medication, side effects, proper dosage and storing medication safely.

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More expert advice videos:

- ❖ [ADHD and the Triangle of Care](#)
- ❖ [ADHD and Behavior Management](#)
- ❖ [Another Look at ADHD](#)

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Expert Advice



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The InsideADHD Toolkit: Elementary School

These tools are designed to be used by parents of elementary school students. Lorem ipsum dolor sit amet, consectetur adipisicing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad minim veniam, quis nostrud exercitation ullamco laboris nisi ut aliquip ex ea commodo consequat.

[DOWNLOAD THE FULL KIT](#)


Don't need all 14 tools?

Pick and choose which ones are useful to you by selecting them below. All are in PDF format.

❖ Behavior Contract [DOWNLOAD](#)

Parents should use this Behavior Contract with their child as a short-term tool to target a specific problem behavior and to agree upon behavior goals.

❖ Classroom Behavior Log [DOWNLOAD](#)

This tool is meant to be used by your child's teacher to track his or her classroom behavior during the course of a week.

❖ Contacts List [DOWNLOAD](#)

A Contacts List provides a single place for keeping the names and numbers of all of the people involved in your child's ADHD care.

❖ Homework Log [DOWNLOAD](#)

The Homework Log allows your child to remember not just his or her homework assignments for each day, but also the materials required to complete them, their due dates, and checkboxes to indicate whether they have been turned in.

❖ Initial Parent-Teacher Conference Organizer [DOWNLOAD](#)

Use this tool to take notes during the first time you meet with your child's teacher.

❖ Medical Appointment Organizer [DOWNLOAD](#)

The Medical Appointment Organizer is to be used by a parent or guardian in preparation for a child's clinical appointment. It is also a very useful tool to take notes during the visit.



Helpful Links

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➤ [ADDA](#)

The Attention Deficit Disorder Association (ADDA) is a national organization devoted to ADHD issues. ADDA's site contains FAQs, research and information on treatment, legal issues, work issues, and lists of other resources. It also has a fairly comprehensive section on ADD coaching.

➤ [CHADD](#)

Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD) is one of the largest national organizations devoted solely to issues related to ADHD. The site provides a comprehensive array of resources including FAQs, research, and places to get support. It also has extensive information on public policy and legal issues, and a chapter-locator function that allows users to search for local CHADD affiliates.

➤ [LDOonline.org](#)

This site has information about ADHD and Learning Disabilities (LDs). Its collection of FAQs and articles is fairly extensive. It also has a forum for teachers of ADHD students, an area for kids, and a list of local resources broken down by state.

➤ [PediatricNeurology.com](#)

This is an "e-book" about ADHD with chapters on a wide variety of topics including various checklists, therapies, polls, and audio simulations of ADHD. It also contains some interesting ADHD analogies and humor.

➤ [nichq.org](#)

This site has a downloadable toolkit with excellent information and resources. Although it is intended for clinicians, the kit has a Parent Information and Support Section. This includes tips for parents on dealing with homework, the school system, and sleep problems.

