

# THE **ADHD** ROAD MAP TO SUCCESS

*Dedicated to children  
with ADHD on their road  
to success.*

## **Your Child's ADHD Road Map to Success starts here!**

You have made the first step to ensure your child's ADHD is not an obstacle in their quest to make progress and shine. This series of communications features practical tools and information—from organizational tips and assessment charts to coaching and rewards. Whether you're a parent whose child is starting, or continuing, ADHD treatment, this guide is designed to help you work with your child to develop his or her own Road Map to Success — so your child will achieve success today and tomorrow.



Take a **“snapshot”** of how your child is doing today.

### **Some helpful tips for a successful snapshot:**

- Talk with your child about favorite subjects and activities. What makes your child enthusiastic? Happy? Concerned? Frustrated?
- Review old report cards to identify subjects your child is good at, as well as ones he or she finds more difficult. Are there consistencies? Inconsistencies? (Report cards may also provide insight into leadership qualities, social styles and ability to get along with others.)
- Ask others for input — such as your spouse, teachers, caregivers, and coaches — who interact with your child on a regular basis. (You may want to discuss your own findings and ask for their insight.) You can include this information in your next discussion with the doctor.

## Snapshot: Your child's talents, abilities and interests.

Answer the questions below to determine the areas in which your child has had the greatest success

Taking a snapshot of where your child is today — assessing their strengths and areas for improvement — is a useful way to help you set meaningful goals that pave the way for tomorrow's success. The tips below can act as a useful guide. And on the following pages, you'll find some tools to help you assess your child's unique talents and abilities as well as assessing how your child's current ADHD treatment plan is working.

What does your child enjoy doing? Excel in? What are your child's most obvious talents and abilities – academically and socially?	
Think of what gives your child the greatest sense of accomplishment. What activities does your child stick with even when frustrated?	
What school subjects does your child master most easily?	
In what social settings or situations is your child most comfortable?	

## Snapshot: Areas for improvement.

Answer the questions below to determine your child's current areas for improvement

What activities frustrate your child or make him or her give up quickly? (e.g., completing homework, paying attention in class)	
What settings or activities tend to be more difficult? (e.g., the classroom, school cafeteria, family outings)	
What school subjects or extracurricular activities does your child not like?	
What behaviors cause your child social problems? (e.g., interrupting, not taking turns, saying hurtful things without thinking, daydreaming, not being able to sit still)	

Complete your **Snapshot** by assessing your child's current ADHD treatment plan.

Take the time to think about what you have tried that's worked and hasn't worked for your child's ADHD treatment plan, such as tutors, coping strategists, behavioral therapists and medication.

What's worked	What hasn't worked

On the next page is a tool that can help you see how symptoms are affecting your child's ability to succeed throughout the day — at school, home, and among friends. This is another important consideration for setting goals and assessing whether your child is making progress on his or her current ADHD treatment plan. Use the notes you have made and the answers to the questions on the following page when talking to your doctor about your child's progress. If your child is not making as much progress as he or she can, ask the doctor about other treatment options.

Once you have completed the snapshot of your child you can use the answers *to set SMART goals* which will be the theme of the next newsletter.

“ I might break a few too many rules,  
but someday I'm going to change them! ”





Questions to consider	Never or almost never	Sometimes	Often or frequently	Always or almost always
<b>School</b>				
1. Teachers report homework is not turned in or is incomplete	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Your child does not sit still or pay attention in class	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Transitions between classes are difficult for your child	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Home</b>				
1. After-school activities are difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Getting along with other family members is difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. ADHD symptoms are controlled through those tough homework hours from 4pm to 6pm	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Among Friends / Social Interactions</b>				
1. Your child often does not wait their turn during play	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Your child does not get along well with friends and schoolmates	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Friends rarely invite your child to social activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Some useful websites

[www.caddra.ca](http://www.caddra.ca)

Canadian ADHD Resource Alliance

[www.chadd.org](http://www.chadd.org)

Children and adults with ADD

[www.caddac.ca](http://www.caddac.ca)

Center for ADHD Advocacy, Canada

[www.ldac-taac.ca](http://www.ldac-taac.ca)

Learning Disabilities Association of Canada

[www.adhdcanada.com](http://www.adhdcanada.com)

[www.ldao.ca](http://www.ldao.ca)

Learning Disabilities Association of Ontario

[www.teachadhd.ca](http://www.teachadhd.ca)

[www.canacad.org](http://www.canacad.org)

Canadian Academy of Child and Adolescent Psychiatry