



ADHD FAQ for Parents

It's normal to have questions and concerns about your child's possible ADHD. Here are some common questions and answers for parents at the start of their ADHD journey.

Could Her Symptoms Be Normal Kid Stuff and Not ADHD?

Of course. Kids will be kids. But, if she's showing several signs of inattention and they impact her life, it's likely more than that. Consider screening her for ADHD.

Why Should I Screen My Daughter for ADHD?

Screening tools are a free and easy way to determine if your daughter is showing signs of ADHD. You can easily see if your daughter is struggling in multiple areas to guide your next steps in seeking answers. It's important to screen your daughter for ADHD even if you're afraid of what you might learn. Regardless of a diagnosis, if she has ADHD, then she has ADHD. With this in mind, you can help your daughter most when you've got the information you need.

Why Does My Daughter Need a Professional ADHD Diagnosis?

Girls with ADHD need a professional diagnosis to get the support they need. It is the first step to understanding her behavior, improving communication, and helping her thrive. With a professional diagnosis, your daughter will have access to resources and support she might need.

ADHD Seems Like a Trend. How Do I Know She Really Has ADHD?

There has been a dramatic increase in cases, but it's due to new information about ADHD. For a long time, ADHD was almost exclusively diagnosed in boys, and hyperactivity was the main basis for referral and diagnosis. Inattention was often missed. Also, autism was an automatic exclusion from an ADHD diagnosis until 2013, and we now know ADHD and autism often occur together.



Will She Grow Out of It?

If her behaviors and symptoms are caused by ADHD, then she will not grow out of it. She may get better at masking or hiding her symptoms, but as she gets older, her struggles will be more intense due to increased demands on her. So, don't wait to see if she gets "better" with time. Screen her today. If she has ADHD, the sooner she gets diagnosed, the better off she will be.

Won't a Diagnosis Stigmatize Her?

On the contrary, an ADHD diagnosis may help avoid that. Diagnosed or not, your daughter is going to show symptoms and struggle with certain things. She may get labeled as lazy or argumentative. Diagnosis allows her to understand her struggles and she can get the tools and support that will help her succeed. Without a diagnosis, she's at a distinct disadvantage.

How Do I Protect Her from Judgment?

There are many myths and misconceptions about ADHD and sometimes people are just uninformed. With the proper facts, you can educate people about the disorder. And if they don't want to be educated, that's on them, not you. Know that you are doing what is right for your daughter by advocating for her diagnosis and support.

My Culture Doesn't Recognize ADHD

Going against cultural norms is difficult. Especially concerning mental health and neurodevelopmental disorders. You need support and people to lean on when things feel overwhelming. And you need a safe space to ask questions and express concerns. Fortunately, many great ADHD online support communities exist to welcome you and your family. Check out our [resource page](#) for more information.

How Much Will It Cost?

The price for ADHD diagnosis and treatment depends on several factors, including insurance coverage, provider type, and your location. It usually ranges from a couple hundred to a couple thousand dollars. While that's expensive, a missed diagnosis is far more costly for your daughter. If her diagnosis is overlooked she faces a much higher risk of future problems than her peers.



What About Medication?

Stimulants are most often used to treat ADHD, and they are generally considered very safe and widely recommended. Medication is the number one most effective treatment for ADHD. But it can take some time to determine the most effective medication and dosage. So, partner with your daughter's physician and figure out what medication helps her the most.

“A few dozen studies reveal that kids with ADHD who take prescription stimulants actually have brains that look MORE normal than those with ADHD who avoid these medications. This flips the worry about brain damage on its head – we may be relegating some kids to lifelong problems from ADHD by not treating them with stimulants when they are young.” ~ Dr. John Kruse, M.D., Ph.D., neuroscientist, psychiatrist, and author