

Patient information from BMJ

Last published: Jan 28, 2025

ADHD in children: questions to ask your doctor

If you are going to see a doctor to discuss ADHD and your child, you may want to think of some questions beforehand to ask them. Your doctor will be able to answer most of them, or they will refer you to someone who can answer specific questions in more detail.

Here are some questions that you might want to ask.

- What is ADHD? How might it impact my child's life?
- What assessments will you do to find out if my child has ADHD?
- Can ADHD symptoms change as my child gets older?
- What are the treatment options for ADHD?
- Do these treatments have side effects?
- How long will my child need to have treatment?
- Will you treat my child, or will they need to see a specialist? Where does treatment take place?
- What will happen if my child has no treatment?
- Is there anything I can do at home to help my child with their ADHD symptoms?
- Should my child have any special help at school? What kind of help is available?
- Can changing my child's diet help improve their ADHD symptoms?
- How can I help my other children understand ADHD and how it affects their sibling?
- Where can I find more information about ADHD?
- Are there any local support groups for families who have children with ADHD?

ADHD in children: questions to ask your doctor

The patient information from *BMJ Best Practice* is regularly updated. The most recent version of Best Practice can be found at bestpractice.bmj.com. This information is intended for use by health professionals. It is not a substitute for medical advice. It is strongly recommended that you independently verify any interpretation of this material and, if you have a medical problem, see your doctor.

Please see BMJ's full terms of use at: bmj.com/company/legal-information. BMJ does not make any representations, conditions, warranties or guarantees, whether express or implied, that this material is accurate, complete, up-to-date or fit for any particular purposes.

© BMJ Publishing Group Ltd 2025. All rights reserved.

What did you think about this patient information guide?

Complete the [online survey](#) or scan the QR code to help us to ensure our content is of the highest quality and relevant for patients. The survey is anonymous and will take around 5 minutes to complete.



BMJ Group