



# Attention Deficit / Hyperactivity Disorder (ADHD) Health Care Appointment Planner

**Child's Name:**

**Date of Birth:**

Care for your child calls for planned visits with your child's health care providers. Sometimes it's hard to keep track of things to do before and after your child's appointments. Bring this worksheet with you to your child's health care visits and use it to write down the activities you need to complete. It will help you keep a record of your health care provider's recommendations.

There are different types of health care providers:

- Your child's prescribing practitioner is the pediatrician, neurologist, nurse practitioner, or psychiatrist who prescribes the ADHD medication
- Your child's therapist is the psychiatrist, psychologist, marriage and family therapist, or clinical social worker who provides counseling or training

This planner is for my child's appointments with: \_\_\_\_\_  
Practitioner or Therapist Name

<b>Activity Checklist:</b> Use this space to keep track of the practitioner or therapist's recommendations	<b>Notes:</b> Use this space to write down any special instructions	<b>Date Due:</b> Place a ✓ and date in the box for completed activities
<b>[EXAMPLE]</b> <i>Bring parent evaluation, teacher evaluation and school report card to practitioner</i>		4/15/23  Completed ✓
		Completed
		Completed
		Completed

### Guidelines for the care of children with ADHD generally recommend:

- Followup with the prescribing practitioner within 30 days after a new medicine is prescribed
- At least two follow-up visits within 9 months after a new medicine is prescribed

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**OTHER QUESTIONS YOU MAY WANT TO ASK / NOTES:**

NOTE: The text in this worksheet is for informational purposes only. It is not a substitute for professional medical advice. Do not use the information to diagnose or treat a health problem without first consulting a qualified health care provider.