

## ADHD: Tips to Reduce Side Effects of ADHD Medications

<i>Client:</i>	<i>Date:</i>
<i>Clinician:</i>	

### Stomach and Appetite Troubles

- Give medication with food.
- Encourage healthy snacking. High-protein energy bars, protein shakes, and liquid meals such as Carnation Instant Breakfast and Ensure are good options.
- Eat later in the evening, when your child's medication has worn off.

### Headaches

- Always give ADHD medication with food.
- Consider long-acting medication. Headache is more common with short-acting meds.

### Difficulty Sleeping

- Give the morning dose of ADHD medication earlier in the day.
- Discuss medication changes with the doctor. It may be necessary to try short-acting meds.
- Don't allow your child to drink caffeinated beverages.
- Establish a sleep-only zone. Your child's bedroom should be dedicated to sleep -- not for homework and not for entertainment.
- Teach your child to relax at bedtime
- Establish consistency. Bedtimes and waking times should be the same seven days a week.
- Establish daytime routines such as regular meal times.
- Discourage midnight visits. While you don't want to let a child cry themselves to sleep, it's best to discourage middle-of-the-night visits with mom and dad.
- Avoid sleep medications. If medications are absolutely necessary, talk to your child's doctor about safe and effective treatments.

### Growth Problems

- Plot a growth chart. Measurements should be charted 3-4 times a year.
- Encourage snacking on high-protein nutrition bars, protein shakes, and liquid meals such as Carnation Instant Breakfast and Ensure.

### Nausea/Tiredness

- Start with a low dose. Increase the dose by a small amount every one to two weeks.
- Give the dose at night or divide the dose into am and late afternoon dosages

### Increased Heart Rate & Pulse

- Use a nasal spray when your child has a cold.
- Choose a cold medicine that doesn't contain pseudoephedrine.

*Adapted from webmd.com*

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### IMPORTANT NOTICE

Contact the on-call nurse if you are experiencing any change in your current health condition  
For ALL emergencies requiring IMMEDIATE medical attention, call 911  
Teachingsheet-adhd/09-09