

Suggested Interview Questions

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How to Turn Your ADHD Child or Teen's Differences into Strengths in 7 Simple Steps

Basic Questions:

1. What is ADD?
2. What's the difference between ADD and ADHD?
3. Is ADD real?
4. How do parents know if their child has it?
5. Are medications needed for ADD?
6. Are we overmedicating children?
7. Are there any alternatives to medication which may be helpful?
8. What are the steps that a parent should take to help their child with ADD/ADHD?

More Advanced Questions:

1. How can the differences exhibited by kids and teens with ADD be turned into strengths?
2. What are the risks to young people with untreated ADD? Is there an impact beyond academics?
3. Is ADD hereditary?
4. Are those children diagnosed with ADD often impacted by co-existing conditions?
5. What is "executive functioning" and how can it be improved?
6. What are the ten core principles and strategies of Parenting for ADD? What do you mean when you say that a parent needs to develop more flexibility than their child?
7. Why can a child or teen with ADD exhibit brilliance one day followed by weeks of struggles?
8. Why do you think that combination treatment—including both medication and therapy—yields the best results?
9. Are there side-effects to ADD medications?
10. Why do you refer to "Complementary" rather than "Alternative" treatments?
11. Once an effective treatment is found, how long will it last?
12. Is ADD a gift?