

Charting the Mind and Activities of Your ADHD child

By Amy Bentley



Dr. Geeta Grover
CHOC Pediatric
Developmental and
Behavioral Specialist

Dr. Grover is an attending physician for the developmental and behavioral pediatrics rotation for the UC Irvine-CHOC pediatric residency program, and a consulting physician for CHOC's Early Literacy Program. She completed her internship and residency at Harbor/UCLA Medical Center and also completed a fellowship in ambulatory pediatrics at Harbor/UCLA Medical Center. Dr. Grover is an associate clinical professor in the pediatrics department at UC Irvine and she sees patients both at CHOC and the Center for Autism and Neurodevelopmental Disorders in Santa Ana. She specializes in evaluating and managing children with ADHD, learning disabilities, educational concerns and autism-spectrum disorders.

Dr. Grover's philosophy of care: "I look at my job as a privilege. It's my privilege to have this opportunity to interact with my patients and their families."

EDUCATION:

University of California, Irvine,
School of Medicine

BOARD CERTIFICATIONS:

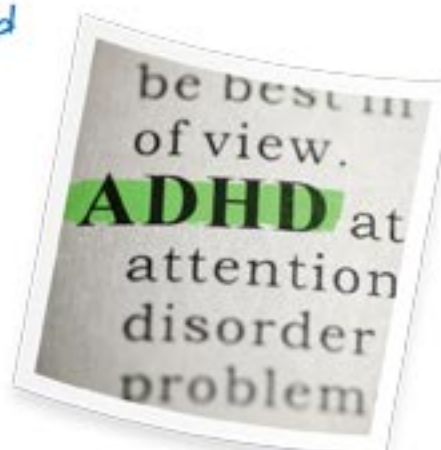
Pediatrics Developmental and
Behavioral Pediatrics

DIAGNOSING ADHD

"I help families understand that attention deficit hyperactivity disorder (ADHD) is a neurobehavioral disorder. It is not a disorder of effort, character, intelligence, parenting skills or self-control. ADHD is characterized by a pervasive and persistent pattern of inattention and/or hyperactivity and impulsivity that interferes with day to day functioning," says Dr. Grover. A child can be diagnosed as predominately inattentive or combined inattentive and hyperactive-impulsive subtype. ADHD may be diagnosed in the preschool years through adulthood but is typically diagnosed between the ages of 6 and 12 and is more common in boys than in girls by a two-to-one margin.

STAYING ON TRACK IN SCHOOL

"Kids with ADHD get stigmatized by their behavior at school. They may get labeled as troublemakers and face peer rejection and social isolation," says Dr. Grover. "We tell parents to get a comprehensive evaluation and to make sure the diagnosis is correct. I tell families, 'Don't just focus on weaknesses, find your child's strengths.' This helps keep their self-esteem up. Give them opportunities to shine. Parents need to educate themselves about ADHD, the education laws and what services their child may be eligible to receive from the school district. You have to become your child's number one advocate and cheerleader."



COPING TIPS FOR PARENTS

- Provide your ADHD child with structure. Clear and consistent expectations are important.
- Set up routines for getting ready for school, mealtime, homework and bedtime, and stick to them as much possible.
- Praise your child and provide positive reinforcement whenever possible.
- Help your child discover his strengths.
- Make sure your child gets a good night's sleep. "Many of these kids have insomnia. The biggest thing is to get them to unplug. Taking electronics to bed is stimulating. They have to wind down so they can fall asleep," says Dr. Grover.
- Have your child exercise regularly and feed him a healthy diet.
- Offer unconditional love and support. Start each day fresh.



50 YEARS OF EXPERT CARE

For almost 50 years, CHOC Children's physicians, nurses and staff have been devoted to improving the lives of children and families in our community. As home to the region's only dedicated pediatric emergency department and other world-class services and programs, from cardiology and neurosurgery to neonatology and orthopedics, CHOC is committed to being the leading destination for children's health by providing exceptional and innovative care.

For information on the expert care we provide and the health plans we accept, visit choc.org

5 - 8

PERCENTAGE OF CHILDREN
DIAGNOSED WITH ADHD GLOBALLY

2.5 - 4

ESTIMATED PERCENTAGE
OF ADULTS WITH ADHD



7 years old

THE AVERAGE AGE
OF ADHD DIAGNOSIS



Experts In: Caring for Every Child Learn more about child care at choc.org/health.

