

ADHD First Steps

Parent Education Class



What is ADHD First Steps?

This class is for caregivers of children and teens with ADHD. It is a 3-week web-based video class you participate in from home. The 3 sessions focus on how ADHD affects child behavior, evidence-based treatments for ADHD, and school resources for ADHD.

Who should attend?

This class is for caregivers of children and adolescents aged 5 to 17 who have been diagnosed with ADHD or may have ADHD. More than 1 caregiver is welcome to attend the video visit. Because it is a group class, we will not be able to cover individual needs of each child.

How long is the class and what does it cover?

This class includes 3, 75 to 90-minute sessions. Topics covered include:

- What causes ADHD
- How ADHD works in the brain
- Which treatments for ADHD are supported by science
- Why children with ADHD need different parenting strategies
- What teachers and schools can do to help children with ADHD

To Learn More

- Outpatient Psychiatry
206-987-2164
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

Where does the class take place?

At this time, all classes are being held via a telemedicine/video visit platform. The current class is on Mondays starting at 3:30 p.m. Class length is 75-90 minutes depending on the topic.

More classes may be added on other days and times and families will be informed at the time of scheduling. Some in-person classes may resume in the future.

How much does it cost?

The cost of each session is \$20 and is not billed to insurance. Families will be billed by Seattle Children's after each class occurs. This fee is covered if your family meets Seattle Children's Hospital financial assistance criteria. Call 206-987-3333 to apply.

How do I register?

If you are interested in this class, please contact your child's primary care provider or community mental health provider first. Ask them to fax in a referral to 206-985-3121 and indicate the referral is for the "ADHD First Steps Class." After we receive the referral, you will be contacted when we are ready to schedule for our next class.

If you are a current Children's patient, ask your Children's provider to place an order referring you to the class.