



PROGRESS GUIDE

Follow your child's changes
and challenges daily

Please visit TrisADHD.com for more information on
ADHD and medication options.





TEAM UP WITH YOUR CHILD'S TEACHER

Share with your child's teacher some of your observations regarding your child's behavior. Consider making a photocopy or taking a photo of the worksheet in this guide at the end of each week to give to the teacher. Providing this insight into your child's patterns, progress, and challenges may help inform their teaching approach. Collaborating with your child's teacher in this way may also help facilitate conversations with the school to arrange accommodations for your child under a 504 plan.



INVOLVE YOUR CHILD

This is your child's story, after all. Talk together about the importance of keeping track of how your child is doing on medication. Say, for example: "The doctor needs to know how the medicine is working for you. It would help a lot if you could tell me about any times of day when it feels like the medicine is helping, or if there are times it seems like it's not doing its job."



KEEPING TRACK

How's your child doing on ADHD treatment? Once you have a treatment plan, you'll want to see how it affects your child's behavior. Here's a simple way to monitor your child's progress on treatment—a day-by-day, week-by-week worksheet to help you keep a record during the school year ahead.



MONITORING MATTERS

Helping your child succeed starts with observation. Careful monitoring will help you see how the treatment plan is working. It will allow you to celebrate improvements and provide positive encouragement, as well as introduce ways to handle challenges, beginning right at the start of the new school year.

TAKE A FEW MINUTES EVERY DAY TO TRACK YOUR CHILD'S BEHAVIOR

Because you'll be sharing goals and results with your child, aim to keep them:

▶ **Simple**

No more than 2 to 5 behaviors

▶ **Realistic**

Choose activities that are within reach for your child

▶ **Varied**

Balance activities your child finds easier with a couple of challenging ones

▶ **Current**

Update your list of behaviors when you recognize progress

▶ **Encouraging**

Accentuate the positive. Reward your child for behaviors you want to see.
Avoid penalizing those you don't

SAMPLE DAY

Each day's activities, rated from 1 to 4. Activities and ratings are examples only.

Week beginning 9 / 16

	M	T	W	T	F	S	S
Morning:							
<i>Sits still for breakfast</i>	3						
Schoolwork:							
<i>Listens attentively to instructions</i>	1						
Extracurricular activities or hobbies:							
<i>Waits for turn to use the swing</i>	3						
Dinner/evening:							
<i>Completes schoolwork for the next day</i>	2						
<i>Helps with chores</i>	1						

MAKE A RECORD WEEK BY WEEK

Use this worksheet to record your child's progress. Enter behaviors and activities you want to track. Then rate each day's activities from 1 to 4. (1 = 0-25% of time, 2 = 26-50% of time, 3 = 51-75% of time, 4 = 76-100% of time)

Week beginning ____ / ____	M	T	W	T	F	S	S
Morning:							
Schoolwork:							
Extracurricular activities or hobbies:							
Dinner/evening:							

Print one worksheet for each week and keep the completed ones in a folder so you can track weekly progress.

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