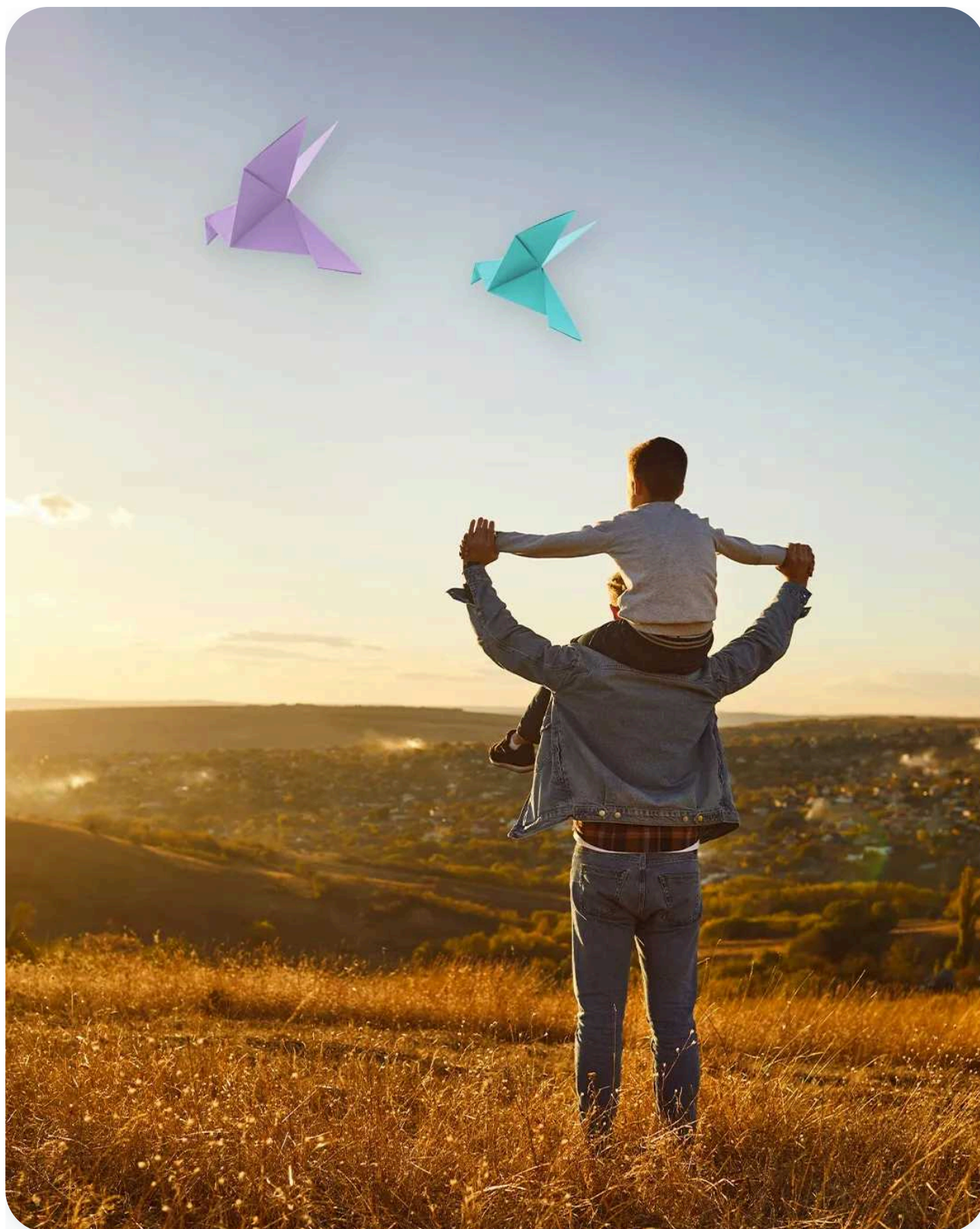


THE CHILD ADHD ASSESSMENT GUIDE

Chapter 1

Introduction

4 min read · Last reviewed by Tina Fox, 30 May 2026



Welcome. This is the start of our child ADHD assessment guide, written for any parent or carer who has begun to wonder whether ADHD might explain what they are seeing in their child. We understand that arriving here can feel like a big step, so we have tried to make this calm, clear and

honest. You do not need to know anything yet. You only need to be curious about how to help your child.

Why we made this child ADHD assessment guide

Many parents reach this point after months, sometimes years, of sensing that something is harder for their child than it seems to be for others. Perhaps school has raised a concern, or perhaps you are the one noticing the gap between how much your child is trying and how much is going wrong.

Whatever brought you here, your child deserves clear information rather than guesswork, and so do you. This guide gathers, in one place, what we would want a member of our own family to know before deciding whether to seek an assessment for their child.

How to use this guide

Read it in order, or jump straight to the part you need. Each chapter stands on its own, so there is no wrong way through. If a chapter raises a question, the next one usually answers it.

What you will find here

We move at a steady pace, from understanding to action:

- [what ADHD actually is](#), and the myths worth letting go of
- [how ADHD can show up in children](#), at home and at school, and why the two can look so different
- [your options for assessment](#), including the NHS, Right to Choose, and going private
- [what actually happens in an assessment](#), step by step
- [what the results mean](#), including what happens if it is not ADHD
- the [treatment and support](#) available afterwards

We are open about the practical questions too, including the [cost of an assessment](#), because clarity helps you decide.



A NeuroFX assessment is unhurried, with time to talk things through.

A few things we believe

A private assessment sits alongside NHS care, never in place of it. If your child can access an NHS assessment and you are content to wait, that is a perfectly good path, and this guide will help you understand it.

We also believe an assessment is not a test your child passes or fails. It is a careful, structured process that helps everyone understand how your child's mind works, drawing on what you see at home and what their school sees too.

Whatever the outcome, you should come away knowing more than you did before. If you are reading this for yourself as well as for your child, there is a [companion guide for adults](#) that mirrors this one.

A PERSONAL NOTE

No one recognised it in me when I was a child. I grew up sensing I was somehow trying harder than everyone else for less, without ever knowing why. If you are reading this for your child, you are already doing the thing I wish someone had done for me. Take it at your own pace.

Paul Fox, Co-founder of NeuroFX and ADHD UK Ambassador

Key takeaways

- This guide is for parents and carers wondering whether ADHD might explain their child's difficulties.
- It moves from understanding ADHD, to your options, to what an assessment involves, to what comes after.
- It is honest about costs and waiting times, and treats private assessment as sitting alongside NHS care.
- Read it in order or jump to the chapter you need; nothing here can diagnose your child, but it can help you decide your next step.

Common questions

Who is this guide for?

Any parent or carer who thinks ADHD might explain their child's difficulties, and anyone supporting them. We focus on children aged 6 and over. If you are looking for yourself, the guide for adults covers the same ground.

Do I need to know anything about ADHD before I start?

No. We begin from the basics and build up gently, so you can start here with no prior knowledge.

Can this guide tell me whether my child has ADHD?

No. It is general information, not a diagnosis. Only a full assessment can tell you that, and this guide explains how to arrange one and what it involves.

Is private assessment instead of the NHS?

No. Private assessment sits alongside NHS care. We set out all the routes honestly so you can choose the one that suits your family's situation.

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This guide is general information, not a substitute for individual clinical advice, and it cannot diagnose ADHD or any other condition. If you are concerned about yourself or your child, please speak to your GP or arrange a professional assessment. NeuroFX is a CQC-registered clinic and our guidance follows NICE guideline NG87.