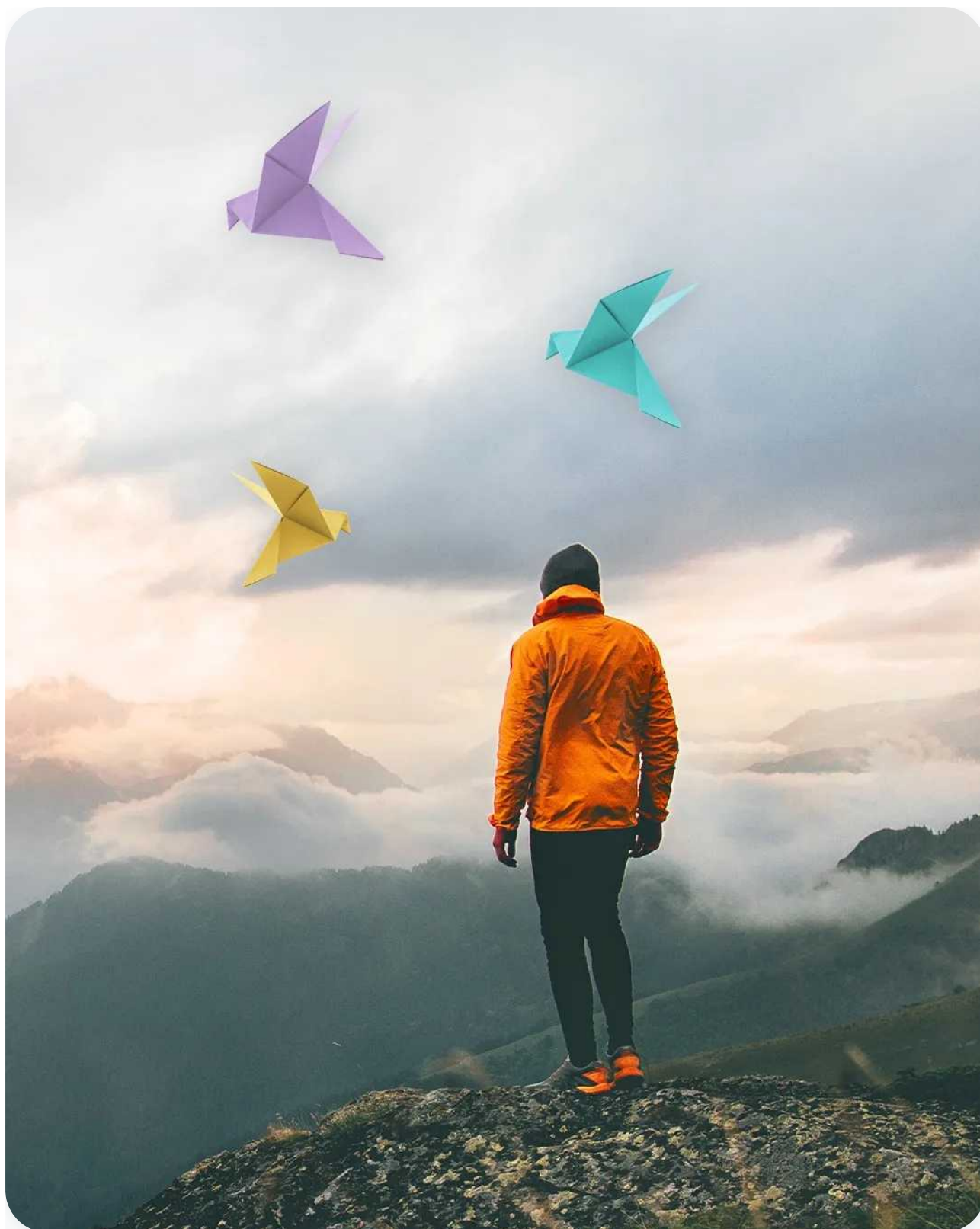


THE CHILD ADHD ASSESSMENT GUIDE

Chapter 9

Treatment and support

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



A diagnosis is a beginning, not an end, and the support available for a child with ADHD is broader than many parents expect. Medication is one part of the picture, but only one, and it is rarely the first step for younger children. This chapter sets out the main forms of treatment and support,

how they fit together, and what they cost, so you can choose what suits your child.

There is no single right approach

What helps one child may not be what another needs, and most families combine a few approaches. National guidance puts support at home and school first, with medication considered alongside it where appropriate. The right mix is the one that fits your child and your family. Nothing here is compulsory. You can take up as much or as little as you wish, and change your mind as you go.

	What it is	What it can help with
Behavioural support and parent guidance	Practical strategies and parent training, often the first step.	Routines, clear expectations, and calmer days at home.
School adjustments	Classroom support arranged with the SENCO, recorded in a school support plan.	Seating, movement breaks, broken-down instructions, extra time.
Medication	Prescribed treatment, started through a careful titration process.	Steadying attention and impulse for many children, though not all.
Talking therapy	Age-appropriate sessions for the child, where helpful.	Managing anxiety, low mood and self-esteem alongside ADHD.
Sleep and routine	Attention to sleep, mealtimes, activity and recovery.	Reducing the everyday load that makes traits harder to manage.

The main forms of support for a child, and what each is for.

A word on school support and EHCPs

Most classroom support is arranged informally with the SENCO and written into a school support plan. A small number of children with more complex needs may need an Education, Health and Care Plan, or EHCP, which is a formal, legally backed plan. Many children with ADHD never need one, and a diagnosis does not require it. The report we provide gives the school a clear basis to put the right support in place, whichever route fits your child.

Medication, in brief

If you and your clinician decide to try medication, it is started gradually. This is called titration: small, monitored adjustments to find the dose that helps most with the fewest side effects. It is a careful, collaborative process, not a one-off prescription, and for children it includes regular checks on growth, sleep and wellbeing.

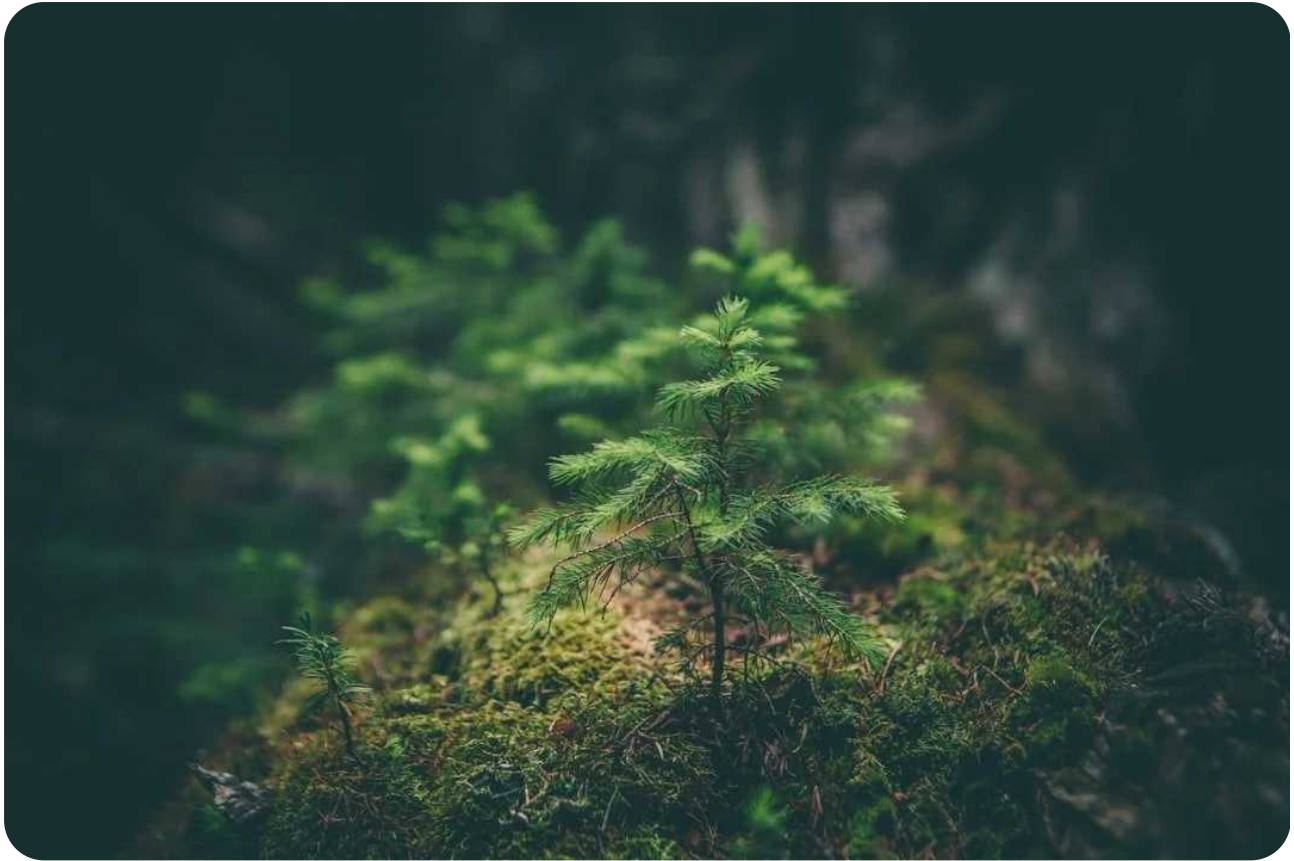
Once your child is settled, ongoing care is simpler, with a periodic review to check the medication is still right for them. Our costs for both are fixed and shown below.

Service	Cost
Medication (titration) package 6 months	£995
Medication review or external-patient onboarding Annual for adults, 6-monthly for children	£250

Medication costs are fixed and shown in full.

Shared care and your GP

After private titration, some parents ask their GP to take over prescribing under a shared care arrangement. This is always at your GP's sole discretion, and not every practice offers it. If shared care matters to you, please speak to your GP before you start, so you know where you stand.



Support is a conversation

The goal is not to fix your child, because they are not broken. It is to remove the friction that has made ordinary things harder than they needed to be, at home and at school. The final chapter, [supporting your child after diagnosis](#), looks at how to carry this forward in everyday life.

Key takeaways

- Support is individual; most families combine behavioural strategies and school adjustments, with medication considered alongside.
- Behavioural support and school adjustments usually come first; medication is one option, not a requirement.
- Most school support is arranged with the SENCO; only some children need a formal EHCP.
- Medication is started through careful titration with regular checks, and our costs are fixed and shown in full.

Common questions

Does my child have to take medication if they are diagnosed?

No. Medication is one option among several, and it is entirely your choice. For children, support at home and school usually comes first, and many do well with that, with or without medication.

What is titration?

Titration is the careful, monitored process of starting medication gradually to find the dose that helps most with the fewest side effects. For children it includes regular checks on growth, sleep and wellbeing.

Will my child need an EHCP?

Most children with ADHD do not. Classroom support is usually arranged informally with the SENCO and written into a school support plan. Only a small number with more complex needs require a formal Education, Health and Care Plan.

Will my GP keep prescribing the medication?

Sometimes, through a shared care arrangement after private titration, but this is always at your GP's sole discretion and not every practice offers it. It is best to ask your GP before you begin.

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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.