



Understanding ADHD Testing

Why consider ADHD testing?

- ✓ You are noticing challenges with focus, impulsivity, or hyperactivity.
- ✓ Early testing can lead to better support and success for your child.
- ✓ Clear understanding helps your whole family move forward with confidence.

What to Expect During the ADHD Testing Process

1 Initial Intake

Includes reviewing your child's developmental history, current challenges at home and school, and any family history of ADHD or related conditions.

2 Comprehensive Evaluation

Multi-step assessment including questionnaires (Vanderbilt Survey) for parents and teachers, clinical interviews with you and your child, behavioral observations, and sometimes cognitive testing (Mindprint Cognitive Assessment).

3 Results and Next Steps

Discussion of findings. If diagnosed, you'll receive a treatment plan that may include recommendations for therapy and educational accommodation, family support strategies, and medication options.

How This Helps Your Child

- Clear diagnosis leads to tailored support plans
- Access to therapies, resources, and accommodations
- Empowering your family with tools and knowledge
- Better outcomes at school and home

Tips for Parents

- Keep notes on your child's behavior and challenges
- Ask questions—your team is here to help!
- Remember, testing is just the first step toward support
- Stay patient and positive throughout the process

About Blackbird Health: Our whole-child approach reveals the full story behind each child's challenges, allowing us to address both the symptoms and their underlying causes. We provide compassionate, professional, and expert ADHD testing and care for children and families across Pennsylvania and in Tysons, Virginia.