



Contacts List

A Contacts List provides a single place for keeping the names and numbers of all of the people involved in your child's ADHD care. When helping your child manage ADHD, it's important to view the partnership between you, your child's school, and medical providers as an "ADHD Team".

WHO SHOULD USE A CONTACTS LIST?

Parents of children with ADHD should fill out this Contacts List for their child. Make sure that everyone involved in your child's ADHD care has a copy of it, including:

- **Your child**, to keep in places such as his or her backpack, locker, binder/organizer, etc.
- **Your household**, posted in a visible location, like on the refrigerator, or by the telephone.
- **Your child's teachers**
- **Your child's school nurse**
- **Your child's medical providers**

Contacts List

Child's Name:			
Home Phone:			
Cell Phone:			
E-mail Address:			
Home Address:			
	Name	Phone Numbers	Email Address
Emergency Contact:			
Parent/Guardian:			
Parent/Guardian:			
Family Doctor:			
Psychologist/Therapist:			
School – Main Number:			
School Nurse:			
Teacher:			
Tutor:			
Friend:			
Friend:			