Today’s story is prepared by Emma Larson, MD based on the New York Times article [*Your Toddler has ADHD. Should You Medicate?*](https://parenting.nytimes.com/childrens-health/adhd-child-medication)

This article provides information about ADHD treatment options to families of preschool-aged children diagnosed with ADHD. The author acknowledges the AAP’s ADHD Clinical Practice Guideline, allowing diagnosis as early as age 4, but also highlights several studies which demonstrate that diagnosis is occurring before this age. Regarding stimulant use in this young population, the article acknowledges the stigma that parents may feel as well as the relative lack of data on possible long-term effects of stimulant use in this age group. The Preschool ADHD Treatment Study (PATS), a multicenter RCT to determine efficacy and safety of methylphenidate in preschoolers, is discussed. The author specifically emphasizes that all families who participated in the study took part in behavior parent training (BPT) prior to medication initiation, and 1/3 of families dropped out of the study before starting medication, which the author argues indicates these families found BPT so helpful that they decided against starting medication. Ultimately, the author highlights the importance of BPT but also acknowledges that early initiation of medication is appropriate in some cases.

The article provides a relatively nuanced view of ADHD treatment in preschool-aged children by utilizing several high-quality studies, CDC information, and expert opinion. The author avoids amplifying possible stigma families may feel when using stimulant medication in their young children. The conclusion that families left the PATS due to the efficacy of BPT is perhaps oversimplified, but it does appropriately highlight the importance of BPT in ADHD management, especially in this age group, while also acknowledging that medication is sometimes indicated. The article provides helpful information to families which can empower them to have thoughtful discussions with providers when deciding ADHD management.

**RESOURCES FOR FAMILIES ON ADHD:**

[Preschoolers and ADHD](https://chadd.org/for-parents/preschoolers-and-adhd/) *From CHADD*

[Behavior Management: Finding a Behavioral Provider](https://depts.washington.edu/dbpeds/Finding%20a%20Beh.%20Mgt%20Therapist.pdf) From Children’s Hospital of Philadelphia

And that’s today’s Developmental & Behavioral Pediatrics: IN THE NEWS!