

The Black Parent's ADHD/ADD Evaluation Checklist

Print this. Bring it to every appointment. Use it at every meeting.

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Why this checklist matters: Black children are 40% less likely to be diagnosed with ADHD than white children — not because they have it less, but because the system sees them less. This checklist puts the power back in your hands.

BEFORE THE EVALUATION

- Start a behavior log: dates, times, specific behaviors, and how long they last
- Speak with your child's teacher — ask if the same behaviors appear at school
- See your pediatrician to rule out other causes: sleep, anxiety, vision, thyroid
- Research your evaluator's experience with Black and diverse children
- Ask if the Vanderbilt Assessment Scale will be used — complete the parent version
- Gather academic records, past report cards, and prior evaluations
- Verify your insurance coverage: what's covered, is a referral required?
- Write down your top 5 concerns before the first appointment

DURING THE EVALUATION

- Ask what specific assessment tools are being used
- Confirm whether those tools are normed for Black and diverse children
- Verify the evaluator is gathering input from both home and school
- Ask: "Could these symptoms be explained by anxiety, trauma, or a learning disability?"
- Bring a support person or patient advocate if needed
- Ask about the evaluator's training in cultural humility and implicit bias

- Take notes or ask permission to record the session
- Ask about next steps before you leave — don't leave without a plan

AFTER THE EVALUATION

- Request a full written copy of the evaluation report
- If ADHD/ADD confirmed: ask for a complete treatment plan including non-medication options
- If ODD diagnosed instead: request a second opinion from a child psychiatrist
- Request an IEP or 504 Plan meeting with the school within 30 days
- Find a therapist with ADHD experience who is culturally competent
- Visit chadd.org for parent education resources and local support groups
- Schedule a 60 to 90 day follow-up to assess treatment progress
- Continue your documentation log — it will matter as your child grows

YOUR CHILD'S RIGHTS — KNOW THESE

- Right to request a school evaluation in writing (school must respond within 60 days)
- Right to an Independent Educational Evaluation (IEE) at the school's expense if you disagree
- Right to a second medical opinion — always
- Right to request a culturally competent, trauma-informed evaluator
- Right to all evaluation records at no cost
- Right to bring an advocate to any IEP or school meeting

QUICK REFERENCE: KEY TERMS

ADHD: Attention-Deficit/Hyperactivity Disorder. Brain-based, not behavior-based.

ADD: Inattentive-Type ADHD. No hyperactivity — easy to miss, especially in girls.

ODD: Oppositional Defiant Disorder. Disproportionately misapplied to Black children.

Vanderbilt Scale: Gold-standard ADHD screening tool. Ask if your doctor uses it.

IEP: Individualized Education Program. A legal document of federally protected supports.

504 Plan: School accommodations: extended time, preferential seating, and more.

***Your child's brain is not broken. The system, in many cases, is.
And now you know exactly how to navigate it.***

Read the full article at successfulblackparenting.com | For more resources, visit chadd.org | National Medical Association: nmanet.org