



ADHD Recommended Interventions For Parents Of Novice Teen Drivers:

1. Enroll in a defensive driving program (assumes whatever can go wrong, probably will)
2. Set time for an IDP meeting (follow IDP meeting recommendations)
3. More rigorous GDL (at least 70 hours BTW)
4. Consideration of technology (in-vehicle data recorders)
5. Download ADHD pre-trip app
6. Develop higher order skills (scanning to detect and respond to hazards)
7. Visit your insurance agent
8. Create a safe routine to use when challenged by peers
9. More coaching less instruction
10. Visit the pediatrician
11. Practice commentary driving
12. Make safety wise vehicle choices (ABS anti-lock breaking system)
13. Manual Transmission
14. No summer vacation from medication
15. Teen should not feel they "own" the car
16. School nurse could provide "teachable moments"
17. Zero passengers under 21 until age 18
18. Vehicle decal (help police enforce GDL)
19. Use of acronyms (all good kids like milk)

"Teens who strongly perceived their parents as monitoring and setting rules are significantly less likely to drive with multiple passengers and less likely to engage in risky driving behavior than teens who did not share these strong perceptions." *Children's Hospital of Philadelphia*

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