

Ep. 88 - ADHD in Pregnancy: Medication Decisions, Daily Functioning & Finding Support

Managing ADHD during pregnancy can feel overwhelming—especially when juggling appointments, medications, mood changes, and everyday life. In this episode of The MotherToBaby Podcast, genetic counselor and teratogen information specialist Chris Stallman, CGC sits down with returning guest Dr. Christy Pratt, a pharmacist at Kaiser Permanente Colorado, for an in-depth, practical conversation about ADHD in pregnancy and breastfeeding.

Together, they discuss:

- How ADHD symptoms can shift during pregnancy
- What to consider when deciding whether to continue stimulant or non-stimulant medications
- How co-occurring conditions like anxiety or depression affect treatment decisions
- Why risk-benefit conversations are essential—and individualized
- Non-medication strategies and organization tools that actually help
- How healthcare providers can better support pregnant patients with ADHD
- What Dr. Pratt wishes more people understood about ADHD as a real, physiological condition
- Dr. Pratt also shares insights from her innovative program at Kaiser Permanente, where newly pregnant patients receive personalized risk-benefit consultations about their medications.
- Whether you're pregnant, planning a pregnancy, supporting someone with ADHD, or working in maternal-child health, this episode offers validation, clarity, and evidence-based guidance—always centered on achieving the best outcomes for both parent and baby.

Key takeaway: “We need a healthy mama to grow a healthy baby.” —Dr. Christy Pratt

For more evidence-based information about exposures during pregnancy and breastfeeding, visit MotherToBaby.org.

Questions? Call 866.626.6847 | Text 855.999.3525 | Email or Chat at MotherToBaby.org.

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