



# Are you a parent of a child with ADHD?

Learn how to help your child and also take care of your self

## Parenting ADHD



Parenting a child with ADHD often brings up intense emotions such as frustration, anger, and helplessness when managing behaviors or coping with constant reminders and miscommunications.

Parents may feel overwhelmed by the need to stay organized while grappling with fears of failure or anxiety about their child's future.

Misunderstanding ADHD responses can lead to feelings of anxiety, disconnection or guilt, while worries about academic progress and social development add stress.

Dreading school meetings or feeling judged by others exacerbates the pressure, leaving parents uncertain about their approach and unwanted confrontations.

Despite these challenges, understanding ADHD and seeking support can transform parenting into a more positive, connected journey in which everyone can thrive.

## My 3 top tips for Parents



1

**GET CURIOUS** - Read /Listen watch all you can around ADHD and how neurodiverse people think, feel and respond in situations. It will make you feel better and also have a positive effect on your child. A win win. See over for where to start with this.

2

**OFFLOAD** - Parents will often experience high levels of anxiety, control or management, worry and mistrust. Many parents are also recognising and processing their own neurodiverse symptoms for the first time. Support from a professional therapist to understand the emotions arising as a parent is shown to make a significant difference to family dynamics and the path forward.

3

**BE PATIENT** - After a diagnosis parents will often feel a sense of urgency to 'fix' their child and look for concrete answers from professionals how to do this. Scientific research continues to give us new insights into why ADHD occurs and how best to manage - there is still much to learn about this brain style. It will take time for you as a family to explore which support options feel right for you and adjust to both you and your child's needs.

[www.rebeccaloancounselling.com](http://www.rebeccaloancounselling.com)

I welcome all of your ADHD concerns and questions

(and if I can't help I will be sure to put you in touch with another ADHD professional that can)

# Read or listen to these useful books..

1

All recommended by parents

## **Taking Charge of ADHD by Russell Barkley**

This straightforward book offers an 8-step parenting plan — based on positive attention and calm consistency — to manage ADHD symptoms and reconnect with your child.

2

## **What Your ADHD Child Wishes You Knew by Sharon Saline**

Provides insights into the emotional world of children with ADHD. It helps parents improve communication, address behavioral challenges, and foster connection by understanding their child's unique perspective and needs.

3

## **Smart but Scattered Teens by Richard Guare and Peg Dawson**

Here, find step-by-step strategies to promote your teen's independence — and confidence — by building the executive skills needed to get organized, stay focused, and control impulses.

4

## **A New Understanding of ADHD in Children and Adults by Thomas Brown**

This fascinating book presents a new definition of ADHD, which recognizes executive function impairments as its true underpinnings.

## **The Explosive Child by Ross Greene**

5

Kids can misbehave when situations stress their coping mechanisms. This book outlines an easy-to-implement parenting method to help “inflexible” kids manage bad behavior.

6

## **Driven to Distraction by Edward Hallowell and John Ratey.**

First published in 1994, this title has remained the definitive book on ADHD ever since. Says one reader, “After finishing it, I finally understood how my child's brain is wired — and how I can help him.”

## **The Out-of-Sync Child. Recognizing and Coping with Sensory Processing Differences by Carol Kranowitz**

This book offers unique perspectives on life with sensory processing disorder, and outlines concrete strategies to manage complex symptoms of SPD.

7

## **The Frazzled parent by Elaine Hogan.**

8

Know more about what your child goes through so you can offer them the right type of help plus 20+ self-care tips for you as a parent — help yourself so you can help your child, too

If you would to know more about my other free resources or talk about one to one support please get in touch.