

Talking About My Child's ADHD

- Don't tell the child they have something "wrong" with them
- Keep it simple, concrete and use examples to explain to the child
- Explain the need to work on skills to boost attention/self control
- Medication can help provide that boost
- Don't overuse the ADHD term
- Be careful about sharing this information with other people
- Always lead with the child's strengths, then how weaknesses may be impacted by ADHD
- Be careful discussing with schools, getting a plan may not be worth stereotyping your child
- Review information from other sources before it goes to teachers
- Bring focus to your child's strengths and weaknesses not just the diagnosis