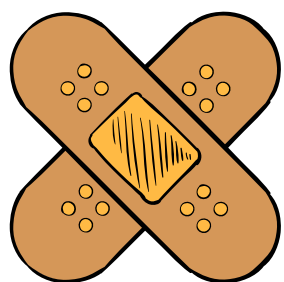


How can I best parent my ADHD child?



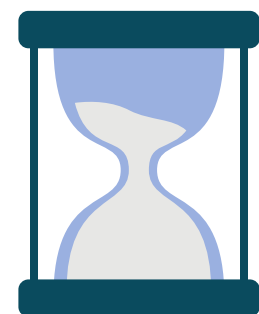
Kids with ADHD need a parent who really understands the way their brain is wired, accepts and respects them, believes in their strengths and possibilities, and empowers them to want to reach their full potential.

If you are a parent with ADHD, get support for yourself and model that for your child.



Foster an environment where it is okay to make mistakes and learn from them without judgment or shame.

Think in terms of fostering independence a little bit at a time - stay focused on the process and incremental change.



Love your kids for who they are and don't let the world's expectations prevent you from meeting your kids exactly where they are.

Learn more at ADHDAwarenessMonth.org