

Please get to know the difference between neurologically driven behaviour and naughty behaviour, so you can avoid criticising or reprimanding a child with ADHD for behaviour that is outside of their control.

Our kids self-esteem and self-worth depend upon it.



Please remember our kids with ADHD are not intentionally rude, naughty, impulsive or selfish. Nor are they distracted, lazy or unmotivated to upset you.

These behaviours are symptoms of their disorder and therefore beyond their own choice and beyond their own making. They result from alterations in brain development, structure, connectivity and function, especially in the prefrontal cortex, the area of the brain responsible for the mental abilities required for self-regulation or self-control.

For this reason, you nor I can discipline these behaviours out of our kids with ADHD. Instead, punishing our kids for behaviour that is a symptom of their developmental delay and lagging self-regulation skills will only crush their self-esteem and self-worth, foster shame and exacerbate their challenges. It can also contribute to them becoming oppositional and defiant.

In order for our kids to develop in a healthy manner and develop the skills they need, we implore you to please give our kids the benefit of the doubt, to believe they would act differently if they could, and to respond to them with patience, empathy and understanding. To explicitly teach not tell - they have so much to learn. To use interest, praise and positive encouragement to foster motivation. To ensure the expectations you place upon them are appropriate for their executive function age (rather than their peer age). And to put in place scaffolding in the form of support and strategies which enables them to manage their challenges and negotiate life successfully while they mature.

Thank you for your help, the ADHD Community x

♥ **Thriving with ADHD**