

When to Cut Some Slack and When to Get Serious: Everyday Hacks for Raising Awesome Kids

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"Parents expect kids to go with the flow and adapt when plans change, but then parents don't know how to be adaptable when kids do things they didn't expect."

Learning together

Most of us haven't been taught about executive functions, and it's only recently become a topic of discussion. We need to **give ourselves some grace** and recognise that we might also have our own challenges—whether it's undiagnosed ADHD, stress, or just the demands of everyday life.

When our kids forget to do something we've reminded them about a hundred times, like cleaning their dishes, it's easy to get frustrated. But we need to remember that repetition is a big part of learning any skill, and it might take countless tries before it sticks. Help them find what works best for them.

Parents usually ask, *"How many times do I have to remind them before it sticks?"* Honestly, I don't know the number—every kid is special. Some kids might focus better with a timer, while others might get anxious. Try things out together, and if something doesn't work, switch it up. Experiment until you find what works for you both.

Balancing expectations

It's important to **know when to be flexible and when to stick to non-negotiable routines**. A lot of times, we set expectations that might be too high. For example, expecting a child with ADHD to complete 10 chores on a Saturday might be unrealistic. ADHD brains struggle with starting tasks, and what might seem like defiance could actually be emotional overwhelm or the fear of failure.

Instead of overwhelming them with too many tasks, focus on what they do well and enjoy, like cleaning or vacuuming. Include a couple of these tasks on their list to boost their confidence. Then, introduce one or two more challenging tasks where they might need reminders or a "body double" to help them along.