

# Often Overlooked Ways to Empower Your Kid to Break Through School Barriers & Succeed in Life

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*“No parent on the planet got the child that they imagined in their mind. We are shepherds on their journey, not ours.”*

## ADHD and autism

Autism and ADHD share **executive functioning challenges** but for different reasons. ADHD kids may hyper-focus on specific tasks, while autistic children become deeply engaged in their passions, showing intense enthusiasm.

Both groups struggle with emotional regulation, though ADHD kids process emotions quickly, and autistic kids experience emotions more intensely. Socially, ADHD kids might struggle with boundaries, whereas autistic kids may find it challenging to initiate social interactions, especially outside their interests.

## School challenges

For ADHD kids, the challenge is whether they're even absorbing the teacher's instructions, as they can be **easily distracted by their surroundings**. Autistic children, however, might be distracted by their own imaginations. But once they are paying attention, ADHD students usually struggle with focus. In contrast, autistic students can stay focused longer when the task aligns with their interests.

## Autistic children and school

If a child is anxious, overwhelmed, or upset, they can't learn effectively. For young autistic children, school readiness isn't about academics; it's about **emotional and developmental readiness**. Autism impacts areas like emotional regulation, language, and motor skills. Often, delaying traditional schooling for a year of play-based learning can help better prepare the child for school.

Once they're in school, it's key to create a safe, comfortable space. Autistic kids might still struggle with sensory overload or transitions, so tools like quiet areas or visual schedules can help. Teachers should also know that just because a child doesn't respond immediately doesn't mean they're not engaged—they might just need a little extra time to process.