

Giftedness & ADHD Kids: What You Think You Know Is Probably Wrong



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"It's never you versus your kid; it's you and your kid versus the problem."

Don't doubt your influence

First, pick your battles. You can't fight every fight—it's exhausting. Focus on what truly matters based on your values. For example, if your kid wants pasta for breakfast, why fight it if it's not harmful? Save your energy for the things that align with your core values, like addressing rudeness if that's important in your family.

Second, don't think you need to be the final authority on everything. Instead, find ways to collaborate with your child. For example, when assigning chores, give them options and let them choose what they'd rather do. This approach isn't about winning or losing; it's about meeting both your needs and theirs.

Also, as a parent, remind your kids that when they're angry, they should put their phone on aeroplane mode. It's easy to say something in the heat of the moment, but a quick text or post can last forever. The internet never forgets, even when emotions fade. Encourage them to take a break and avoid turning frustration into regret.

Mending relationships

The key is humility and authenticity. Neurodivergent kids crave realness, so don't be afraid to apologise when you mess up. It's not about giving up power; it's about building trust. Apologies should take ownership without blaming others, and they strengthen your relationship by showing your child you're human too.

Another tip is to engage with what your kids love, even if it's not your thing. Whether it's anime, video games, or dinosaurs, show interest in their world. This investment in their interests makes them more likely to connect with you on your terms later. Remember, the best parenting is ego-less—it's about your child, not you. So, embrace their interests as a way to build a stronger bond.