

The Winning Psychology of Confident ADHD Parents & How to Become One Yourself

Dr. Robert Brooks



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Common mistakes parents make

Well-meaning parents sometimes misunderstand how their ADHD kid thinks. A common mistake is believing the child could be more attentive or less impulsive if they tried harder, which isn't true—they might not have the skills at that moment.

Another mistake is assuming that if a child has a good day, they should be able to do it consistently, but ADHD can be unpredictable. Parents also sometimes blame themselves or their child for difficult days, thinking they're ineffective, which isn't helpful. It's important for parents to adopt a positive mindset, practice self-compassion, and focus on **building resilience in their child**.

Remember, if you're not kind to yourself, your anger and frustration will spill over onto your child. And your child will notice it. One 9-year-old with ADHD told me, *"My parents think they're doing well if I behave, but some days, I just can't."* So, cut yourself some slack! Your child isn't looking for perfection, just support.

Charismatic adult

Every child needs a charismatic adult in their life. They need someone who really makes a difference in their life by being supportive and encouraging. For parents of kids with ADHD, this means believing your child is doing their best and focusing more on their strengths than just their struggles. Parents should identify, reinforce, and display their child's strengths so the kid lives it and experiences it.

Start by noticing what your child is good at—those "islands of competence." Talk to them about what they enjoy, and use that to create a positive vibe, which helps build resilience and strengthens your connection. This is how you can **help your child find confidence and purpose**. It's amazing what a difference that can make.