

Transform Yourself Into the Rock-Solid Support Your Brilliant Neurospicy Child Deserves to Have

Elaine Taylor-Klaus



“Parenting with ADHD is a daily exercise in letting go of the expectations of what we thought parenting would look like, so we can embrace and accept what we’ve got now.”

Naughty or neurological?

The key is understanding that there's usually a good reason why they can't "just do it." It's not about them being naughty; it's often neurological. If we assume they're being careless, we might react in a way that doesn't help them learn to manage themselves. Instead, ask, *"Is this naughty or neurological?"*

If you see it as a neurological challenge, you can respond with compassion, recognising that ADHD often involves executive function delays. For example, a 15-year-old with ADHD might be more like 11 developmentally. By adjusting your expectations to match where they really are developmentally—not where you think they should be—you can approach situations with more patience.

Diffusing defensiveness

For kids with ADHD, feeling defensive is common, especially when they struggle with tasks that seem simple to others. This defensiveness can make it hard for them to accept help or direction, which can strain their relationship with parents. That's why it's crucial to help them diffuse defensiveness gradually.

First, acknowledge their feelings—if they say, *"I can't do this,"* respond with, *"It feels like you really can't right now,"* instead of insisting they can. To build autonomy, focus on small wins. Recognise their successes, even if they're tiny. These little victories boost confidence and help rebuild fractured relationships.

So, with kids who have ADHD, it's really about saying, *"I believe in you. I know you can handle this, even if you don't see it right now."* It's okay if they don't believe it yet; we hold that belief for them until they're ready. That's what helps them keep going (especially when they feel like giving up).