

Powerful Stories From YouTube's #1 Family That Will Radically Change How You Parent Your ADHD Child



Kim & Penn Holderness

"Your kid isn't ignoring you deliberately. They have plenty of attention; they're just finding it hard to channel it in the right direction."

ADHD forgetfulness

Forgetfulness happens because for those of us with ADHD, the stuff that seems easy for others can feel like climbing a mountain. It's not that we don't want to remember; it's just that our brains need some extra help. For me, it's all about lists—paper lists with little boxes to check off.

So, try encouraging your kid to make lists. Some people use lists on their iPhones and others use post-it notes. Personally, I like paper lists because I put a little box next to the thing that I have to do. And just the simple act of checking that box off is a little **mini dopamine hit** for me.

But the bottom line is—everyone's different. What works for me may not work for someone else, but everyone should look to a system like that for forgetfulness that is upstream, basically meaning that you will be cutting the problem off before it actually becomes a problem.

"Borture"

When kids with ADHD get bored, they often become more hyperactive, which can make it challenging to get them to follow through with chores. To combat this, it's essential to **make chores as fun and engaging as possible**. At our house, we turn mundane tasks like doing the dishes into a fun experience by playing music and telling knock-knock jokes.

The key is to inject some fun into these tasks, as boredom can feel like torture—what we jokingly call "borture"—especially for those with ADHD. It's also important to recognise that what might seem like boredom could actually be frustration or shame. So, instead of criticising them for not completing chores, make sure to offer encouragement and set realistic expectations.