

How Uncovering the Core of Your ADHD Kid's Problems Can Dramatically Improve Their Life

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"The biggest challenge for most people with ADHD isn't the medication itself—it's simply remembering to take it."

Don't rush to diagnose

ADHD kids are often labelled as moody, anxious, or unmotivated, but sometimes there's more going on beneath the surface. Before jumping to a diagnosis, it's important to rule out other issues like **vitamin deficiencies** or **mental health conditions** that might be causing or contributing to the symptoms.

First, make sure your child is physically healthy—check their vision, hearing, and get some blood work done to rule out things like vitamin D deficiency, anaemia, or thyroid issues. These can all affect behaviour and energy levels. Consult a specialist to figure out if there's something else going on alongside ADHD.

If your current specialist isn't addressing these concerns, don't hesitate to seek someone who is more experienced with ADHD and coexisting conditions. Trust your instincts as a parent. It's important to find someone who understands all the factors involved, and many specialists gain this knowledge through personal experience.

Encourage 'pull over' breaks

Kids with ADHD often aren't aware of how their behaviour impacts others, which can make them feel misunderstood or "broken." They might notice their classmates or siblings avoiding them, but without self-reflection, they don't understand why. This lack of awareness can lead to feelings of frustration and self-blame. It's crucial for parents to help their kids become more self-aware.

One way to do this is by encouraging them to 'pull over' when things get overwhelming. Just like adults need breaks, kids with ADHD need space to calm down and reflect. Parents can help by **being proactive—checking in with their kids regularly** and identifying situations that might overwhelm them.