

The Raw Truth: How I Transformed From a Controlling Mom to a Confident Parent of a Child With ADHD



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"Meltdowns are not a choice. There's nothing you can do at that moment to stop it; it's something that must be processed through."

Guide, don't control

When we feel we have control as parents, we feel safe. Our nervous system feels regulated. It's important to recognise this in ourselves because it affects how we respond to our children. We are not supposed to control and overprotect our children. That's not how children learn grit, resilience, or independence.

We can set boundaries and enforce them, but **our role should be more about guiding than commanding**. When we focus only on control, kids don't learn important skills, empathy, or feel understood. Instead, being a supportive guide helps them navigate their challenges while still maintaining discipline.

Watch what you say

With kids who have ADHD and are always on the go, it can be overwhelming for us as parents who might not have that vibrant energy. So, we need to be mindful of what we say and do because it's easy to lose focus amid the chaos. It takes lots of practice and mindfulness to make this a normal reaction as a parent.

What we say to our kids becomes their inner voice as they grow. For children with ADHD or autism, who often face a lot of negative messaging, it's crucial to be mindful of our words. They already struggle to fit into a world that isn't designed for them, so we need to **counterbalance the negativity with positive reinforcement**.

So, instead of saying, *"Why can't you just try harder?"*, try asking, *"What's really going on here?"* It's about being intentional and understanding, especially when our kids' behaviour feels overwhelming. It takes practice to shift our responses, but it can make a huge difference in how they see themselves.