



Understanding ADHD: A Guide for Parents

If you're reading this, you may be wondering whether your child might have ADHD, or perhaps your child already has a diagnosis. Either way, you're not alone: many parents share these same questions and hopes for their child's wellbeing.

ADHD (Attention-Deficit/Hyperactivity Disorder) is one of the most common neurodevelopmental differences in children. While it's often described in terms of difficulties with attention, focus, or activity levels, ADHD is about much more than challenges. It's a different way of experiencing the world; one that comes with unique strengths as well as areas where extra support may be helpful.

What ADHD Is (and Isn't)



ADHD is a neurodevelopmental difference that affects attention, impulse control, and activity levels. For some children, this can look like being full of energy, speaking quickly, or finding it tricky to sit still. For others, it may show up as daydreaming, being easily distracted, or struggling to finish tasks.

ADHD is not caused by bad parenting, laziness, or lack of effort. In fact, many children with ADHD are incredibly creative, curious, and determined; they just process the world differently.

Common Signs Parents Might Notice



Every child is different, but some of the signs of ADHD can include:

- Difficulty following instructions or focusing on homework, even if they're trying hard
- Seeming forgetful or easily distracted
- Finding it hard to sit still or wait their turn
- Big emotions: getting excited, frustrated, or upset quickly
- Talking a lot, or blurting things out without meaning to
- Struggling with organisation, like keeping track of school things

Not every child who shows these behaviours has ADHD, but if these patterns feel persistent and are affecting everyday life, it might be worth exploring further.

Strengths of Children with ADHD



Alongside challenges, ADHD often comes with wonderful strengths, such as:

- Creativity: thinking outside the box and coming up with fresh ideas
- Curiosity: asking questions and noticing things others might miss
- Energy: enthusiasm and passion for the things that interest them
- Resilience: bouncing back after difficulties and trying again

Recognising these strengths is just as important as understanding the challenges.

Supporting Your Child

Whether or not your child has a formal diagnosis, there are many ways you can support them:

- Celebrate their strengths: Notice what they're good at and encourage their interests.
- Structure and routine: Clear expectations and consistent schedules help children feel secure.
- Break tasks down: Smaller steps can make things more manageable.
- Positive connection: Let your child know you value and love them exactly as they are.

Seek support: Teachers, healthcare professionals, and parenting groups can provide guidance and reassurance.

A Final Word

Parenting a child with ADHD can feel overwhelming at times, but it can also be joyful, inspiring, and full of surprises. By understanding ADHD as a different way of being, not something "wrong" to be fixed, you can help your child build confidence and self-worth.

Above all, remember: your child is more than a diagnosis. They are a whole, unique person with endless potential.

If you are concerned your child may be showing signs of ADHD, our team of experienced specialists can help. We provide educational psychologist assessments, ADHD diagnostic assessments, personalised advice, and practical strategies to support your child both at home and in school. Get in touch to start the conversation.

