

How to Talk with Your Child or Teen About Their ADHD: A Positive Outcome

Speaking with your child or teen about their Attention Deficit Hyperactivity Disorder (ADHD) diagnosis is a very important decision and one that will affect them for a lifetime.

As a parent, it is imperative to help our children with ADHD understand their strengths and weaknesses. When it comes to paying attention in school, at work, and with family and friends, having a solid support group is key.

How to Talk to Your Child or Teen About Their ADHD Diagnosis

ADHD can be a positive diagnosis at any age. Your approach as a parent will make all the difference in the world. Here are a few tips that will help to answer your questions about how to explain to your child or teen that they have been diagnosed with ADHD.

Should You Tell Your Child?

Yes. After your child is diagnosed with ADHD, talking to them about their diagnosis is imperative. [Refraining from telling your child](#) about their diagnosis can be damaging. Keeping it a secret accomplishes nothing and in the long run, could cause low self-esteem or shameful feelings.

They may be dealing with negative labels in school, from friends, and even teachers such as “lazy,” “stupid,” “troublemaker” or “daydreamer.” Informing them of their medical diagnosis can help to lessen their frustration, decrease anxiety, and begin to instill trust.

The Best Time to Tell Your Child

[Communicate with your child](#) immediately after you have spoken with the doctor. Let them know that there is a team of people who care very much about helping them to succeed.

Find a quiet spot and make sure that each person who is a part of the conversation is in a good mood. If they have younger siblings who may not understand the conversation, maybe go to a favorite restaurant or another area with quiet surroundings.

Consult your doctor or school counselor about the use of games, books, stories, or cartoons to describe ADHD to your child on a level that they will understand.

What Do I Say?

[Staying positive is the most important](#) part of the conversation with your child when it comes to explaining how ADHD will affect their life.

Steer clear of negative words such as “bad”, “wrong”, “stupid”, “lazy”, “problem-child”, etc. Remind them they are not alone and their entire team of family, friends, doctors, and teachers will support them every step of the way.

Here are eight helpful tips:

- Remind your child you love and respect them.
- Pick the Discussion time wisely – when you aren't busy.
- Let them know they are not alone
- Realize that this may be hard to understand. Remain patient.
- [Research. Research. Research.](#)
- Stay Positive
- ADHD should be a stepping stone, not an excuse to quit.
- Maintain open communication

Possibly use examples of celebrities or mentors who have been diagnosed with ADHD. The diagnosis is completely normal and doesn't make them right, wrong, good, or bad. It simply means that they are unique in their own way and have many incredible talents.

Does This Make my Child a “Bad” Child?

Your child may even ask this question during your conversation. Absolutely not! There is nothing “bad” about being diagnosed with ADHD.

Explain to them that it simply means their brain functions [faster than others](#) and their attention span might be a little shorter sometimes.

A Team for All of Us

Let your child know that family, teachers, doctors, and friends are all on their side and will help them to understand how their brain operates.

Keep an open line of communication with your child's teachers, psychologists, and psychiatrists. Also, let them know that they can speak with their doctor at any time too.

The more comfortable your child feels talking about their ADHD to loved ones and professionals, the easier it will be for them to accept themselves in a positive way.

Helpful Facts about ADHD to Share with Your Child

Explain the facts to your child. Communicating with them from an educated and intellectual perspective reminds them that ADHD does not have to hinder any of their abilities.

It will also let them know that they are completely normal and not alone.

Symptoms

- Difficulty sitting still
- Restlessness
- Lack of ability to play quietly
- Excessive energy
- Constantly talking
- Hard time taking turns

Treatment

- Physical exercise
- Medication
- Counseling
- School Services
- Support Groups
- Lifestyle Changes

ADHD is Your Superpower

Explain to your child or teenager that their ADHD is their “superpower.” As a parent, you know your child the best. Advice and encouragement from you will make a huge impact!

Each child deserves to be understood. Listen to their stories and concerns. Give your child ample amount of time to ask questions. Let them know that they can come to you or anyone who is a part of their ‘team’ with questions, concerns or frustrations.

Give your child a voice when it comes to ADHD. Education, a loving environment and a strong support system will give them the right amount of inspiration, confidence and motivation to succeed.

Remind your child every day of their strengths and how they can use those strengths to change the world in a positive way!

Meta Information

Focus Keyword(s): ADHD, child, talk, explain, attention hyperactivity disorder, diagnosis

Secondary Keywords (WordPress Tags): talking with your child, parent, strengths, and weaknesses

Meta Title: How to Talk with Your Child or Teen About Their ADHD: A Positive Outcome

Meta Description: How to talk to your child or teen about ADHD in a positive way. Start the conversation now!