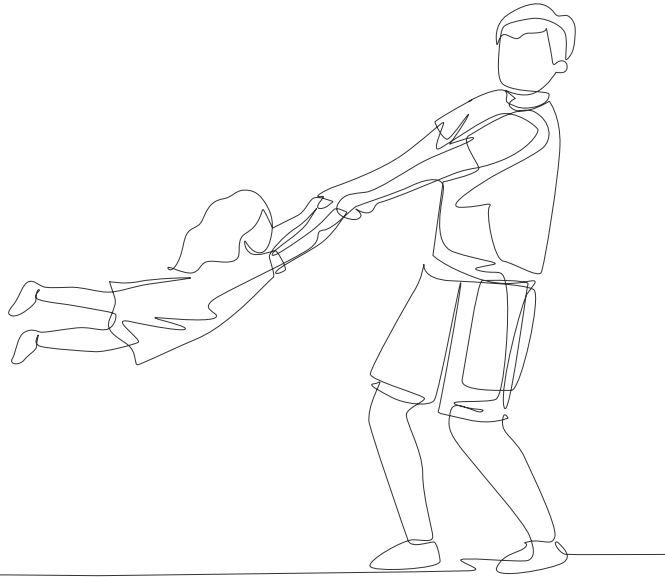
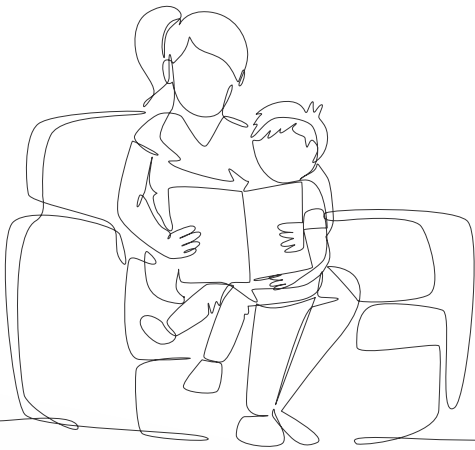




**aadpa**

**ADHD INFORMATION SHEET**



## HOW TO TALK TO MY CHILD ABOUT THEIR ADHD

We encourage all parents to discuss health issues with their children and do it as a family.

General tips for starting the conversation:

- **Be open and honest:** trust is key in your relationship.
- **Use age-appropriate language:** adjust your explanation based on your child's age and understanding.
- **Choose the right time:** there's no perfect moment, trust your instincts.
- **Show your love and support:** reassure them of your unconditional love.
- **Admit what you don't know:** it's okay to say you'll find out together.

## CONVERSATION SUGGESTIONS:

### 1 Explain ADHD in simple terms

For example “ADHD is like having a very chatty, energetic brain. Sometimes it can be hard for the different parts of your brain to communicate clearly”.

This can affect things like:

- paying attention to important stuff
- remembering instructions or where you put things
- organising your thoughts and activities
- controlling your excitement or taking turns
- making good choices
- listening and sharing ideas – not interrupting others
- understanding how your body feels
- blocking out distractions to focus on what you need to do.

### 2 Discuss what their ADHD ‘looks and feels’ like

Describe their ADHD traits and highlight positive ADHD characteristics, such as:

- enthusiasm and passion
- creativity and problem-solving skills
- sense of humour
- loyalty
- being resourceful and innovative.



### 3

#### **Talk about challenges and solutions**

- Acknowledge that ADHD can make some days harder.
- Explain that it might be why certain tasks are more challenging for them than for their friends.
- Discuss strategies you can use together to make things easier.

### 4

#### **Discuss ADHD Medication (if appropriate)**

- Explain why they might take medication.
- Describe how it can help at home and school.
- Address any fears or questions they have about medication.

### 5

#### **Share Your Own Experience (if you have ADHD)**

- If you have ADHD, consider sharing your diagnosis.
- This can help your child feel less alone and create a stronger bond.

Being open and honest can foster further open conversations for you both. What you don't know, you can write down together and ask your ADHD clinician at your next appointment.



**AIM YOUR LANGUAGE AT AN AGE-APPROPRIATE LEVEL**



## WHAT IS ADHD FROM A KIDS' PERSPECTIVE?

- Paying attention to the important stuff.
- Remembering what people tell you, or where things you need are.
- Organising and planning the best way to do a project.
- Slowing things down – how fast you move, how excited you get, taking turns.
- Making good choices – not interrupting, not jumping off the couch.
- Listening to others and sharing ideas.
- Knowing what your body is feeling – am I hot/cold, hungry/full or tired.
- Blocking out distractions – noises, ideas and sensations, so that you can concentrate on the task at hand.