@myadhdkiddo

FREE GUIDE

The First 30 Days After Diagnosis

One small step a day for parents of children with ADHD, ages 5 to 8.

You and your child just got some very big news. Life-changing news, actually. Both of you are trying to understand it, and that takes time and energy you might not have a lot of right now. So this calendar has one step a day. Trying to do everything at once is a fast way to get overwhelmed, and your kiddo needs you present a lot more than they need you productive.

Here’s how it works. Print it and put it somewhere you'll see it every day. It's written for you, not your child, so maybe not the fridge. Do the step for today, check the box, and let the rest wait. If you skip a day, you're still on track. If you do a step out of order because life happened, that counts too. Progress over perfection.

Quick version of who’s talking to you: Hi! I’m Megan. I’m a former public-school teacher with an Advanced Professional Teaching Certificate and a background in family and consumer sciences. I’m also the mom of an ADHD kid who was diagnosed at five.

Kids do well when they can. Parents do too.

LEARN · CONNECT · BUILD YOUR TEAM · SCHOOL · YOU

Days 1 to 15

One step a day. Check the box, and let the rest wait.

☐ **DAY 1** — YOU

Take a breath.

Read this page and put it somewhere you'll see it every day. Then snuggle up with your kid for a few minutes. Nothing needs fixing today.

☐ **DAY 2** — CONNECT

Name three things you love about your kid.

Write them down and keep the list. Before bed, tell your child one of them, and say what you see: "You made me laugh so hard at dinner."

☐ **DAY 3** — LEARN

Learn one thing.

ADHD is a difference in how the brain develops, and it's about 75 to 80 percent hereditary. It came from genes, not from anything you did or didn't do.

☐ **DAY 4** — BUILD YOUR TEAM

Book the treatment conversation.

Call your pediatrician or a child psychiatrist for an appointment. You don't have to decide anything about medication yet. All you need is the date.

☐ **DAY 5** — CONNECT

Ten minutes of child-led play.

They pick. You follow. Connect, don't correct. This is special time when your child gets your undivided attention, so put your phone in another room.

☐ **DAY 6** — YOU

Do one thing for yourself.

A walk, a coffee with a friend, a shower with the door locked. You're part of your child's environment, and a rested you is one of the best things in it.

☐ **DAY 7** — SCHOOL

Talk with the teacher.

The teacher filled out forms during testing, so they know it was happening. Ask for a time to share the results and start making a plan for classroom success together.

☐ **DAY 8** — LEARN

Look up your child's presentation.

Your pediatrician told you which type your child has: inattentive, hyperactive-impulsive, or combined. Read a little about it so the words feel familiar.

☐ **DAY 9** — BUILD YOUR TEAM

Ask about blood work.

Before you buy any supplement, ask your pediatrician to check for common deficiencies (iron, vitamin D, zinc, magnesium). Supplements help when there's something to fix.

☐ **DAY 10** — CONNECT

Start one bedtime ritual.

Same book, same song, same order. It doesn't have to be fancy. ADHD brains settle into small and repeatable.

☐ **DAY 11** — YOU

Rest.

There's no task today. Go to bed early if you can. Skipped days don't count against you.

☐ **DAY 12** — CONNECT

Tell one family member.

Keep it calm and short. If they push back, you can say, "Their doctor and teacher agree, and we're following the plan." Then change the subject.

☐ **DAY 13** — LEARN

Learn: kids do well if they can.

Dr. Ross Greene's idea, and one of my favorites. Today, watch for one moment where your child couldn't do something, rather than wouldn't. Just notice it.

☐ **DAY 14** — BUILD YOUR TEAM

Find an activity that makes your child feel good.

A sport, a class, a club. Look up two options where fun is the point and the coach seems kind.

☐ **DAY 15** — CONNECT

Hug your kid.

Then say, "I sure do like you." Nothing else needs to happen today.

Days 16 to 30

Still going? Good for you.

☐ **DAY 16** BUILD YOUR TEAM

Sign up.

Enroll your child in the activity you found on Day 14 and put the first date on the calendar. If they're nervous, go watch a session together first.

☐ **DAY 17** LEARN

Learn: all behavior is communication.

After one hard moment today, write down what happened right before it. The answer is often hiding in what came before.

☐ **DAY 18** YOU

Do one thing for yourself.

Text a friend. Sit outside for ten minutes. Eat lunch sitting down. Pick one and count it.

☐ **DAY 19** CONNECT

Set up a play date.

One kid your child already gets along with. Keep it short, active, and outside if the weather cooperates.

☐ **DAY 20** CONNECT

Talk with your child about ADHD.

Gifts first: "Your brain is built for big ideas and fast thinking. Some things are harder for it, and we're going to figure those out together."

☐ **DAY 21** SCHOOL

Ask the school about supports.

Email the school and ask how their 504 plan and evaluation process works. You're not committing to anything yet, just learning.

☐ **DAY 22** CONNECT

Move together.

Thirty minutes outside, any way you both like. Movement is one of the strongest symptom reducers we have, and it works on parents too.

☐ **DAY 23** LEARN

Learn about sleep.

Kids this age need 9 to 12 hours a night. Ask your child how they sleep: do they wake up a lot, or lie there thinking? If screens are part of bedtime, try turning them off an hour earlier tonight.

☐ **DAY 24** YOU

Rest.

Order takeout. Let the laundry sit. You're on Day 24, and you're still going.

☐ **DAY 25** CONNECT

Plan a protein breakfast.

Eggs, yogurt, peanut butter, or last night's dinner. Set it out tonight so tomorrow morning is a little easier.

☐ **DAY 26** LEARN

Learn: medication is a question, not a verdict.

Write down your three biggest worries about it and bring them to the appointment you booked on Day 4. Good doctors want to hear them.

☐ **DAY 27** CONNECT

Take an adventure.

Somewhere new, just the two of you. Let your child lead, and be a learner beside them.

☐ **DAY 28** CONNECT

Check in with your co-parent or closest support.

What's working? What's hard? Ten minutes, no fixing, just listening.

☐ **DAY 29** YOU

Look back.

Check off what you did. Skipped days are fine, and so are days done out of order. Progress over perfection, remember?

☐ **DAY 30** CONNECT

Celebrate with your kid.

Tell them what you noticed this month: "You tried a lot of new things. You must be so proud of yourself." Then turn this page and decide what's next.

You made it to Day 30. Now what?

In thirty days you learned what ADHD is, got the right appointments on the calendar, told the people who needed to know, and spent time with your kid. That's a lot, and you did it one step at a time, without having to piece it together from reels and comment sections.

You probably noticed that the calendar raised more questions than it answered. Should we try medication? Is there anything I can do at home that actually reduces symptoms? What type of school is right for my child? Why won't my child listen, and what helps? They're the right questions, and each one deserves more than a box on a calendar.

That's what **Different, Not Deficient: Your Child Has ADHD. Now What?** is for. It walks you through every one of those questions in short lessons you can finish in the time it takes to drink a coffee, alongside a community of parents figuring it out with you. Every step on this calendar comes from a lesson in the course, so you already know how it feels.

If you'd like help with one specific challenge, I also have short eBooks on mornings, transitions, parent anger, and friendships. And if you'd like to bring your questions to a live call, I host group coaching every Wednesday. You'll find all of it on my website.

WHEN YOU'RE READY FOR MORE SUPPORT

www.myadhdkiddo.com

Need More Help? Let's Connect!



If the first thirty days felt heavy, that's normal, and you don't have to sort it out on your own. If you want to talk through what's going on in your house, or you're curious about working together more closely, I'd love to hear from you.

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