EVIDENCE-BASED ADHD EDUCATION

HOW TO TALK TO YOUR CHILD'S PROVIDER ABOUT ADHD

A simple guide to explaining what's actually happening in your child's daily life

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YOU'RE NOT OVERREACTING — YOU'RE TRYING TO MAKE SENSE OF WHAT YOU'RE SEEING.

Most parents walk into an appointment and say things like:

"They don't listen"

"They can't focus"

"They're all over the place"

And while those are real experiences…

they're often not specific enough for a provider to fully understand what's going on.

ADHD IS NOT DIAGNOSED BASED ON SYMPTOMS ALONE.

It's diagnosed based on how those symptoms are affecting your child's daily life.

This is called ***functional impairment*** *— and it's one of the most important parts of an evaluation.*

This guide will help you explain that clearly — so you feel confident walking into your child's assessment.

WHAT YOUR CHILD'S PROVIDER NEEDS TO HEAR

PARENTS OFTEN SAY:	WHAT YOUR PROVIDER NEEDS TO HEAR
"THEY DON'T LISTEN"	→ They need repeated instructions and still struggle to follow through
"THEY CAN'T FOCUS"	→ They start tasks but rarely finish them without constant redirection
"THEY'RE ALWAYS OVERWHELMED"	→ Small responsibilities turn into shutdowns or emotional outbursts

The goal is simple:

Connect what you're seeing → to how it's impacting their daily life

LET'S MAP WHAT'S ACTUALLY HAPPENING

Use this quick framework during interviews:

1. **School**

- Are they missing assignments or falling behind?
- Do they need constant reminders to complete work?
- Have teachers expressed concerns?

2. **Home / Daily Life**

- Do simple routines feel like a struggle?
- Are tasks left unfinished?
- Does the day feel chaotic or exhausting?

3. **Relationships**

- Do they get easily overwhelmed or frustrated?
- Do they shut down or have big reactions?
- Do they seem discouraged or “down” about themselves?

4. **Emotional Impact**

- Do they get easily overwhelmed or frustrated?
- Do they shut down or have big reactions?
- Do they seem discouraged or “down” about themselves?

5. **Safety / Impulsivity (if applicable)**

- Do they act without thinking?
- Have there been risky moments or close calls?

I'M CONCERNED ABOUT ADHD, BUT MORE IMPORTANTLY, THIS IS HOW IT'S AFFECTING MY CHILD'S DAILY LIFE...

Example:

"They struggle with focus, but what's really happening is they're falling behind in school, routines are a daily battle, and it's creating stress for our whole family."

IMPORTANT NOTES

- *This guide is for education and preparation only*
- *It does not replace a medical evaluation*
- *A provider will consider multiple factors before diagnosing*

You are not "missing something"
You are advocating for your child — and that matters more than getting every word right.

NEED HELP ORGANIZING WHAT YOU'RE SEEING BEFORE YOUR CHILD'S ASSESSMENT?

I OFFER SHORT, PARENT-FOCUSED SESSIONS WHERE WE:

- clarify your concerns
- organize real-life examples
- help you feel confident walking into the appointment

YOU CAN FIND IT HERE

EDUCATION ONLY – NOT MEDICAL ADVICE