



THE CONFIDENT PARENT
COLLECTIVE

BECAUSE PARENTING DOESN'T COME WITH A MANUAL

The Calm Parent Code

Week 1 Resource: The ADHD Brain Survival Guide for Parents

Supporting your child with clarity, not chaos

□ **ADHD is not about laziness or disobedience.**

It's a delay in executive functioning – the part of the brain that helps with: planning, following instructions, managing time, regulating emotions, switching between activities, and remembering steps.

□ **What It Looks Like vs What It Really Is:**

- “He never listens!” → Working memory weakness – forgets quickly
- “She’s so defiant!” → Emotional dysregulation + impulsivity
- “He doesn’t care about consequences.” → Time blindness – can’t link now to later
- “She’s always arguing!” → Seeking stimulation or control under stress
- “He forgets everything” → Needs external supports, not lectures



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□ The Interactive Loop

Why punishment doesn't work for ADHD Child struggles → Parent corrects/yells → Child feels shame → Anxiety → More difficult behaviour → Repeat

□ This isn't because you're doing something wrong. It's because the brain can't learn from consequences in the moment of stress.

□ The solution:

- Understand the brain
- Shift from reaction to support
- Break the cycle before shame leads to more chaos





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□ Top 5 ADHD Brain Concepts (Ross Barkley Made Simple)

1. □ Time Blindness – Lives only in the now. Future consequences don't motivate.
2. □ Poor Working Memory – Forgets rules, instructions, and what they were just told.
3. □ No Internal Structure – Needs routines, visuals, and repetition.
4. □ Impulsivity & Emotional Intensity – Reacts fast, feels deeply, struggles to regulate.
5. □ No Future Focus – Yesterday's behaviour doesn't guide today's choices.



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□ Parent Reflection Page

This week's shift: Start asking: is this CAN'T or WON'T? (Hint: with ADHD, it's usually CAN'T.)

□ Reflect:

1. What behaviour used to frustrate me that I now understand differently?
2. How might I respond differently next time?
3. What helps me stay calm when I feel triggered?

□ Next Week:

We'll move from insight to action — and build external structure to reduce conflict and help your child succeed at home.