

**The 5 biggest mistakes parents make
when raising their ADHD kids
(You'll never guess what number 4 is)**

How Many Are You Making?

by
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THE 5 BIGGEST MISTAKES PARENTS MAKE WHEN RAISING THEIR ADHD KIDS (YOU'LL NEVER GUESS WHAT NUMBER 4 IS)

HOW MANY ARE YOU MAKING?

We all know that raising kids with ADHD can be particularly challenging. There are the tantrums, the schools, our relatives, the impulsiveness, other people's lack of understanding, the arguments, the irresponsibility, shall I continue? Oh, and did I mention it can be tiring?!

Well, no fear. Finally you have found the place that will help you *rest easier and function better*. The place that will give you the support, encouragement, and most importantly, the answers you need to make your life the kind you always thought it could be. **The quiet evenings, the shock when other people see your incredibly well-behaved child (I know, it doesn't sound possible, but trust me, it is!), the completed homework and good report cards.** This is all available to you. All you have to do is find the right answers and put them into practice in your life and you too can live a life of fun and success!

So, enough chit chat. Let's get right to the meat of this. What are the 5 biggest mistakes we, as parents, make when raising our ADHD kids?

1. **Thinking things will never get better.** It is *amazing* how easy it is for us to get beat down by the little things. As time goes on, and there are more and more little things, it can seem like it's never ending, like things will never change, and as if this is the stress we are "doomed" to.

Unfortunately, this kind of thinking leads to quiet resentment and despair. It affects our ability to parent our children, the quality of partner we are to our spouse, and most importantly, the kind of life we experience inside ourselves every day.

Through conscious attention to our inner voice, and militant watch over our private attitudes we can control how these experiences affect us. We can begin to change our experience simply by monitoring our self talk. Whether that means finding a quality coach experienced in working with families living with ADHD, or joining a community of others in similar positions, it is imperative that we find the avenue that will work for us and utilize it.

2. **Thinking your kids are "doing it" on purpose.** As parents of an ADHD child we are constantly barraged with reports of our kids' behaviors: talking out of turn, not turning in assignments, over-reacting to an otherwise harmless situation, not listening to their teachers, having trouble with other kids, not taking pride in their work. It seems as though the list goes on for days!

Well, with this kind of input it is very easy to get caught up in believing that your kids are behaving this way on purpose (If this is how we feel, imagine how they feel). And with doctors handing out co-morbid diagnoses of ODD (Oppositional Defiant Disorder) it seems logical to believe this is intentional and conscious on our kids' part.

It's important to remember, though, that it is not! They are not behaving this way on purpose. In fact, odds are good they would love to be "normal," to be considered one of the good kids, to make you and themselves proud. It is a combination of the way they are built and the environment they live in (mind you, this involves far more than simply their home environment) that determines the behaviors people see.

Managing their environment is a large task. It involves constant supervision and a willingness to put their best interests in front of everything else. There is a huge variety of things that can be helping or hindering them, everything from teachers to peers, home life to nutrition, and self-esteem to motivation. With the guidance from a skilled coach, you can figure out the factors that are influencing your child's behavior very quickly and begin changing that with little effort.

- 3. Losing sight of your hopes and dreams.** When we first find out we are going to have children, it is natural for us to dream of their future. What they will be, how they will look and act, if and how large their family will be. Our minds are filled with the possibilities and everything we hope to help them learn.

But soon we lose sight of those dreams. We hear our child's diagnosis of ADHD. The phone calls with the school start. The doctor appointments. The cancelled play dates with our friends and their children with no real explanations. The accusing glances from fellow shoppers at the store. We begin, instead, to focus on getting through the day, one day at a time.

While this is a normal response to the endless and daily stress we sometimes live with, it is counter-productive to raising our children to function in today's society with their unique brain style (although, I would argue, based on current studies, it's not as unique as they once thought). What our children need from us is to see the continued dream in our eyes. To share with them our hopes and belief in their future.

For us to share with them just how amazing we believe they are. And to let them know, they are not alone. They are in wonderful company, sharing brain styles with greats like Albert Einstein and Leonardo Da Vinci. We need to bring in experts, people our children can respect and identify with. We need to ask these experts to visit with our children, explain their gifts to them, relate to them. We need to start, right now, making our kids feel as special as they are!

- 4. Listening to others.** Now this one may sound completely counter-intuitive. In fact, I think it is. But, this is also probably the largest mistake parents make! People are famous for giving suggestions when it comes to raising kids. Do this, and don't do that. Much of it is very good advice, and some of it will prove very useful, things we hadn't thought of on our own.

However, when talking about ADHD and our children's behavior it is really best to gather our own information and form our own conclusions. Why do I say this? Shouldn't we be asking

those who are “in the know,” who deal with kids all the time and have a broader standard of comparison than we do? NO! Emphatically, NO! These people, by no fault of their own, do not have our child’s best interests at heart. They have their own best interests in mind. And they should. That is normal. What is not normal is to take other people’s opinions as fact when making life decisions for your family. At least, not without a huge amount of research backing them up!

Listen, our kids are counting on us to take care of them, to help them grow into productive adults who contribute to the world around them and make this society a better place. That’s our job. Not to be popular. Not to make sure our kids comply with other’s rules, especially when those rules exist to make other’s lives easier.

Now, this is not to say to follow no rules and forget everyone else. Not at all. It is simply meant to emphasize the importance of doing your own research, in a variety of places. My recommendation is to listen to others from all sorts of fields, then do your own research. Google News Alerts will send you stories from around the world on ADHD research, for free! Sign up for this service. Learn all you can. Become a student of the “disorder” your child has been diagnosed with. If you won’t do it, no one else will.

- 5. Not trusting your gut.** This final mistake kind of piggy backs onto mistake #4. It’s surprising to me how often I will hear of someone ignoring what they know in their own gut and listening to someone else. Listen, no one knows your child like you do. No one loves your child like you do. No one else has that connection with your child that you do.

Use that connection, that understanding, that love to make the decisions that will affect their future. There really is nothing worse than ignoring your gut feelings, listening to someone else, and finding out later that something terrible had happened because you ignored your instincts.

As a parent, you know what is best for your child. Don’t lose sight of that. Trust yourself! You are a good parent and have your child’s best interests at heart. Your concern for them and watchful eye are what will get your children through the toughest times in their lives. They need your strength and stability now, and they will need it later. I already discussed listening to others, and that is important, but ultimately, you are their parent. Trust that, and they will too!

There you have it. The 5 biggest mistakes parents make when raising their ADHD children. How many of these are you guilty of? 1? 2? More? Whatever the answer, **it’s okay**. You’ve been doing the best you could, and you will continue to do your best. Getting this report is a great step in that direction. Being aware of what to avoid can help you get closer to where you need to be.

Raising kids with ADHD can be one of the most rewarding experiences of your life. One you couldn’t know if your child didn’t have ADHD. Sometimes, though, we all need a hand. Someone to guide us through some of the processes. Someone on the outside to listen to us vent, help us look at things from a different angle, provide us with answers we can’t find.

Someone who has done the research. Studied the material. Talked with the doctors, teachers and administrators. Someone who has tried dealing with kids with ADHD with and without medication, and sees the value in each decision. Someone who will not judge us for the choices we are making, but will help us to learn the information available and figure out what to do with it. I know I have had my own advisors throughout the years, and they have proven invaluable to me!

After all the time I spent reading books, talking with experts, studying the latest information, joining organizations, learning about the mind and how it works, **I have finally found the system for bringing our kids out of this terrible place we are labeling them into, and into the world of possibilities!** And it's simple!

Notice, I said simple, not easy! Raising kids isn't designed to be easy. It wasn't easy for our parents, and it isn't easy for us. Each generation has it's own challenges, and this is one of ours. Unfortunately, its consequences are playing out on our children's self-esteem. School violence is at an all-time high. Childhood depression and obesity are at levels our society has never before seen. Communities are experiencing crime at an alarming rate. Abuse of children is staggering. I find it hard to believe none of these are connected. Our kids need our help. And you can give it to them.

If you are ready to stop letting others dictate your child's enjoyment of life, to live a simpler life with more successes in it, then visit my website today! I have the answers. I can teach them to you. I will hold your hand as you navigate this path, showing you where to stay on course and where to veer a little one way or another. Together we will design the life your children deserve, the respect they should receive, and the pleasure they should experience. Visit www.ADDvantageForLife.com and start on your family's road to recovery today!