

Explaining ADHD to Your Child

A Guide to Talking About ADHD with Warmth, Honesty, and Confidence

Why It Matters

Children are often aware that something feels different but they don't always have the words to describe it. Explaining ADHD to your child in a simple, honest, and positive way can help them feel seen, understood, and empowered.

How to Begin the Conversation

There's no perfect age or moment, what matters most is your tone and openness. Start small, keep it simple, and build the conversation over time.

Try saying something like: **"You know how sometimes it's hard to sit still or focus? That's not your fault—your brain just works a little differently. It's called ADHD, and we're learning more about it together."**

What to Say (and What Helps)

"Your brain is wired for energy and creativity."

Explain that ADHD brains are busy, curious, and great at thinking outside the box—but they sometimes need extra tools to stay focused and calm.

"You are not alone."

Lots of kids (and adults!) have ADHD. They can grow up to be authors, doctors, artists, athletes—you name it.

"We can work on it together."

Let them know they're not in trouble, and there's nothing wrong with them. Support might look like checklists, timers, breaks, or even medicine—and that's okay.

"ADHD is just one part of who you are."

Kids with ADHD are also kind, funny, thoughtful, brave, and strong.

Use Tools That Make It Easier

• Read books together

Choose stories that feature neurodiverse kids and show emotional regulation in action. (We love 'Shawn's What Ifs' and 'I Have Feelings Too' by Dr. Robin Baweja!)

• Draw or role-play

Let your child use art, toys, or storytelling to explore what ADHD feels like for them.

• Create routines together

Involve your child in building daily structures that support focus and calm (like a morning checklist or a visual calendar).

When to Seek Help

"You just need to try harder."

Kids with ADHD are already trying—they just need different support.

"It's not a big deal."

Minimizing ADHD may cause your child to feel dismissed. Instead, affirm their experience and normalize getting help.

Final Notes from Our Clinic

Explaining ADHD is not a one-time talk—it's a lifelong conversation. The goal isn't to "fix" your child, but to help them understand how their brain works and to show them that they are loved, capable, and not alone.

If you have questions or concerns, please don't hesitate to reach out.