

Parenting With ADHD Reflection

One part of parenting I find especially hard because of my ADHD is...

Be honest and specific—whether it's mornings, staying patient, remembering tasks, or keeping up with routines. This is not a confession of failure—it's an act of self-awareness.

Something I tend to feel guilty or frustrated about is...

What do you criticize yourself for most? This could be inconsistency, being distracted, or missing appointments. Naming the guilt can help release it.

What is one way my ADHD actually helps me connect with my child(ren)?

It could be creativity, playfulness, empathy, or your ability to hyperfocus in a crisis. ADHD brings real parenting strengths—even if they don't look "conventional"

A strategy, reminder, or tool that's helped me (or could help me) is...

Think of a practical tip or mindset shift you've learned that you want to carry forward. Examples:

💬 "External reminders help my brain do what it knows."

💬 "I don't have to do everything—I can simplify and delegate."