



Community Contributor
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An A.D.D. Parent's Plea

To my child

Remember, I love you unconditionally. I am a "grown-up", but I am not a perfect parent. Sometimes your A.D.D. overwhelms me, but I'll always be in your corner.

To my husband/wife

I love this child as much as you do! I am doing the best I can to parent this child; but I get weary and need your support - actual time spent sharing the parenting tasks, including homework and school meetings.

To my parents/in-laws

Please don't criticize, ridicule or belittle me about my parenting skills. I need your backing and support. If I chose to use a medical intervention, don't condemn me. I did not make this decision lightly. I want the best for your grandchild.

To my child's teacher

I know my child isn't always easy to work with, but please focus on his/her positive qualities, interests and talents. Praise for effort, not just achievement; reward for "partial success", not just perfection. Don't forget your sense of humor. And remember: you work with my child during school times; I live with my child. Share strategies that work at school and I'll share strategies that work at home. Let's communicate often and have a team effort. He/She is worth it!

To the school board

Please hire teachers who have expertise/experience working successfully with A.D.D. students. Have this as one of your priorities. Have in-services on A.D.D. for your staff on a yearly basis. Attend a CH.A.D.D. meeting to become better informed about A.D.D.

To Universities

Please include A.D.D. information with "practical suggestions" in your required education courses at both the elementary and secondary teaching levels.

To my child's physician

Please hear my plea for help. I am not an overreacting, overprotective, neurotic parent. This is not just a stage my child is passing through. I am a credible authority on my child. Listen to me and lead me through the steps toward a professional diagnosis of A.D.D. Then stay with me to continue monitoring his/her treatments on a regular basis.

To my friends

Yes, I'm often stressed out and preoccupied dealing with the awesome responsibility of parenting an A.D.D. child. I need your empathy and support, maybe even some respite so I can have a "time out" once in a while.

To myself

Stop the blame and guilt. Take the time necessary to go through the "grieving process." There is a loss of the dream/vision I once had for this child. Use every resource available to be an expert, and advocate for my child's needs. Appreciate his/her special talents, strengths and personality. Protect his/her self-concept at all costs.

To society

Remember, there is a positive side to A.D.D. that can survive with the support of an appropriate educational system.

***A.D.D. Survivors:**

Albert Einstein, Winston Churchill, Thomas Edison, Walt Disney, your child