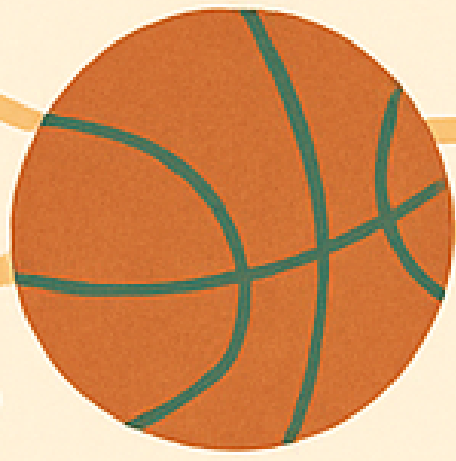


CALL-OUT BOX FOR PARENTS

TIPS FOR SUPPORTING ADHD & 2e KIDS IN SPORTS



Choose 1-on-1 or small group coaching when possible.



- Look for sports that mix movement with thinking (like martial arts or swimming).



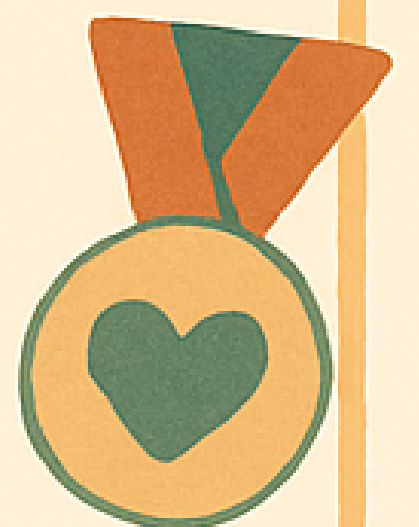
Celebrate effort, not just results. Progress is the true victory.



- Seek coaches with patience and compassion. Skills can be taught; empathy is priceless.



Remember: Sports are about healing, confidence, and joy—not trophies



Safa Mahjoub, MS, TBLI, MHFA





My energy
is not too
much—it's
my
superpower.



I think
differently,
and that's what
makes me
brilliant.



Safa Mahjoub, MS, TBLI, MHFA