

🌟 My Family & Me: ADHD Super Guide 🌟

How to understand your family, your feelings, and your super-fast brain

Understanding ADHD

Your brain is built differently — like a super-fast race car with tricky brakes.

What this means for you:

- Your thoughts and energy might go FAST.
 - It's harder to focus or stop yourself when you're excited or upset.
 - You might get into trouble more often
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How ADHD Can Affect Family Life

Sometimes ADHD doesn't just make *you* feel overwhelmed — it can shake up the whole family.

Here's what can happen:

- **Parents** might feel more stressed or tired because they have to remind you about things, help you stay on task, or calm big feelings.
 - **Siblings** might feel jealous because you get more attention even if it's because you need help.
 - **You** might feel like your parents are mad at you more or like you're not as loved as your siblings.
 - **Extended family** (grandparents, aunts, uncles) might not understand ADHD and give unhelpful advice.
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Your Feelings Matter

Feeling upset about this is completely normal. Kids with ADHD often feel:

- **Frustrated:** "Why am I always in trouble?"
- **Jealous:** "Why does my sister get more praise?"
- **Sad:** "Maybe my parents love me less."
- **Angry:** "It's not fair!"

Your feelings are real, and they deserve to be heard.

What you can do to help

Talk Openly

Use “I” statements to share how you feel:

- “I feel sad when I get in trouble a lot.”
- “I feel left out when Mom spends more time helping my brother.”

 **Tip:** Pick a calm time to talk, not right after an argument.

Schedule Special Time

Ask for one-on-one time with your parents, even just 15 minutes.

- Play a board game
- Go for a walk
- Cook something together

Try This: Mark “My Time” on your calendar once or twice a week.

Celebrate the good stuff

ADHD brains need extra reminders that they’re doing well.
Create a Sticker Chart where you add a note each time you:

- Finish homework
- Use calm-down skills
- Say something kind to a sibling

At the end of the week, read them together and celebrate!

Practice Calm-Down Stuff

When things get too loud or stressful, try:

- Grounding: Find 5 things you see, 4 you can touch, 3 you hear, 2 you smell, 1 you taste.
 - Wall Push: Push against a wall for 10 seconds to release extra energy.
 - Breathing Game: Pretend you're blowing bubbles or cooling hot soup.
 - Exercise: Do 5 jumping jacks in a row
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Hang out with your siblings

Siblings might feel left out so help them feel special.

- Play their favorite game for 10 minutes.
- Say “thank you” when they help out.
- Make a silly drawing or note for them.

 **Team Goal:** Work together to earn a family reward (pizza night, movie pick, extra game time).

Learn About ADHD Together

Ask your parents to read about ADHD with you.
Here's a fun way to think about it:

- ADHD is like having too many tabs open on your brain's computer.
 - Sometimes you need help closing tabs so you can focus.
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Remember

- You are not your ADHD
- Your family loves you even if they get frustrated sometimes.
- Talking, practicing calm-down skills and working together really works.