



Cristin's Top Ten

ADHDers are incredible people capable of overcoming every one of these challenges.
I'd like to show you how. The first step is education.

1. **ADHD is highly genetic.** Scientists have found multiple genes believed to create ADHD symptoms. The more of these genes that you have, the more executive function deficits. This explains why everyone's ADHD is different, and why ADHD parent can see their own struggle in their children. It is estimated that most of the family members related to an ADHD youth have at least some of the genes, and experience some symptoms, but possibly not enough to warrant a diagnosis. (Resource 1-4)
2. **ADHD is a neurological disorder.** You did not cause or create the ADHD, anymore than you caused or created the color of your child's hair. So, be nice to yourself.(Reference 10)
3. **ADHD is a "disorder of doing."** ADHD is not a disorder of knowing. Your child knows what, how, when, where, etc. etc. etc. to do exactly what is needed and expected. ADHD blocks the 'knowing' from talking to the 'doing' part of the brain right at the wrong times. (Resource 4,5, 6 and 12)
4. **Your child is most likely time-blind.** Your child may have no concept of time. The phrases "pretty soon", "almost time", "running out of time", and "just 5 minutes" don't translate into an actual feeling of urgency. Time is a twilight zone, and is constantly speeding up and slowing down, which makes it really hard to predict. (Reference 9 and 12)
5. **ADHD broke the breaks.** All day, our minds stop us to think, evaluate, decide and execute what to do next. This is making "good choices", and "thinking first." Your child's brakes are like bicycle brakeson a Ferrari. No matter how hard they try, how many things you take away, how long the time-out...sometimes the gas pedal is just stronger than the breaks. (Resource 6 and 8)
6. **Emotional control is one of the last things that will develop.** You child has the perfect storm of 1)limited ability to stop the trigger reaction, and 2) limited ability to think before speaking/acting, but he/she will get their...just a little later than other same aged peers. (Resource 8)
7. **Your child may lose friends.** Being emotionally explosive and intense tends to lead to broken friendships and rejection. People just don't like to be around other people that are emotionally intense and quick to react in anger. (Resource 8)
8. **Your child's self-esteem is incredibly fragile.** The combination of emotional intensity and social rejection creates "Rejection Sensitivity Dysphoria." Your child experiences not only rejection, but the withholding of approval, as a catastrophically painful event. It's a big deal. To protect themselves, they will either close off from new friendships, be very very cautious, or not want to engage in new situations where rejection is possible. (Resource 13-16)

9. **The 3 year rule.** A study with over 400 kids, over the course of 10 years, showed that ADHD brains are delayed in development by more than 2 years as compared to same aged peers. Consider your child's age, minus 3 years, and adjust your expectations related to responsibilities, socializing, playfulness, and self-control to that age. (Resource 11)
10. **The 10 to 3 rule.** Think of your child's brain as having a fuel tank. The goofy, fun, and interesting activities fill that tank. The executive function (anything involving a need to control one's self) depletes the fuel...very...very...quickly. For every 10 minutes of focusing, your child needs 3 minutes of rest to refuel. (Reference 12)

Resources for more information on the topics above: (Highlighted items are strongly recommended)

1. (free online video) Russell Barkley's online Lectures for Parents II - Causes of ADHD (1 hour)
<http://adhdlectures.com/lecture-view.php?LectureID=6>
2. (free online video) Russell Barkley's Lectures for Parents I - What is ADHD? (1 hour)
<http://adhdlectures.com/lecture-view.php?LectureID=5>
3. (YouTube) 30 Essential Ideas You Should Know About ADHD: The 5 Brain Regions That Cause ADHD. (10 min.)
<https://www.youtube.com/watch?v=G2u8E5UqEHU>
4. (YouTube) ADHD as a Motivation Deficit Disorder (2 min.) <https://www.youtube.com/watch?v=oTuqqExgX3s>
5. (YouTube) ADHD as an Intention Deficit Disorder (4 min.) <https://www.youtube.com/watch?v=JowPOqRmxNs>
6. (free online video) Dr. Hallowell's views on ADHD (11 min.)
<http://www.drhallowell.com/add-adhd/dr-hallowell-on-add-adhd/>
7. (article) ADDitude Magazine, *Children with ADHD Have Fewer Friends*.
<http://www.additudemag.com/adhd-web/article/630.html>
8. (YouTube) Inhibition, Impulsivity, and Emotion (11 min.) <https://www.youtube.com/watch?v=wg6cfsnmqyg>
9. (YouTube) ADHD is Time Blindness (7 min.)
https://www.youtube.com/watch?v=wmV8HQUuPEk&index=10&list=PLzBixSjmbc8eFI6UX5_wWGP8i0mAs-cvY
10. (YouTube) Genes and Environmental Factors
https://www.youtube.com/watch?v=Bs9-uAvPSrw&list=PLzBixSjmbc8eFI6UX5_wWGP8i0mAs-cvY&index=9
11. (YouTube) The 30% Rule. (7 min.)
https://www.youtube.com/watch?v=4OVS16Abo80&index=14&list=PLzBixSjmbc8eFI6UX5_wWGP8i0mAs-cvY
12. (YouTube) Dr. Russell Barkley on ADHD (14 min.) <https://www.youtube.com/watch?v=tpB-B8BXk0>
13. (Article) Hypersensitivity is Not Imagined <http://www.additudemag.com/adhd/article/8945.html>
14. (Article) The Fear of Failure is Real and Profound <http://www.additudemag.com/adhd/article/10121.html>
15. (Article) Your Emotional Riot - Why ADHD Makes You Feel So Much
<http://www.additudemag.com/slideshow/40/slide-2.html>
16. (Article) Rejection Sensitivity Dysphoria <http://www.dodsonadhdcenter.com/rejection-sensitive-dysphoria/>

Helpful Tips:

- (Article) 6 Tips To Help Your ADHD Child Socialize. <http://www.focus-md.com/6-tips-help-adhd-child-socialize/>
- (YouTube) You Are A Shepherd Not The Engineer
https://www.youtube.com/watch?v=5GeaSq7I0HI&index=16&list=PLzBixSjmbc8eFI6UX5_wWGP8i0mAs-cvY
- (YouTube) ADHD Medications and Delivery Methods
https://www.youtube.com/watch?v=dADuL-dVK80&index=19&list=PLzBixSjmbc8eFI6UX5_wWGP8i0mAs-cvY
- (YouTube) ADHD Medication Myths
https://www.youtube.com/watch?v=qJdzVXFpXSA&list=PLzBixSjmbc8eFI6UX5_wWGP8i0mAs-cvY&index=20
- (YouTube) 3 Roles Every Parent Should Be (8 min.)
https://www.youtube.com/watch?v=DA1ZV6vYeB0&list=PLzBixSjmbc8eFI6UX5_wWGP8i0mAs-cvY&index=15
- (YouTube) Does Cogmed Work? (4 min.)
https://www.youtube.com/watch?v=cNSRzDdatLs&index=25&list=PLzBixSjmbc8eFI6UX5_wWGP8i0mAs-cvY