

Shining with ADHD by The Childhood Collective

Episode #198: An Episode for the Whole Family: Celebrating ADHD Strengths

Mallory: Hey there, friends. Mallory here today with Lori. Our, episode is a little different today. We made this episode for you and your child to listen to together. So, if you're listening solo right now, go ahead and pause. Wait until you have time to sit down with your child and listen together.

Katie: Hi there. We are The Childhood Collective, and we have helped thousands of overwhelmed parents find joy and confidence in raising their child with ADHD. I'm Katie, a speech language pathologist.

Lori: And I'm Lori.

Mallory: And I'm Mallory. And we're both child psychologists.

Lori: As busy mamas ourselves, we are on a mission to support ADHD parents on this beautiful and chaotic parenting journey.

Mallory: If you are looking for honest ADHD parenting stories, a dose of empathy with a side of humor and practical tools, you are in the right place.

Katie: Let's help your family shine with ADHD.

Lori: We are so glad you're here today because we're talking about something really exciting. Your special and unique strengths.

Mallory: That's right. Did you know kids with ADHD have some really awesome abilities?

Lori: Some people think ADHD is just about having trouble paying attention or sitting still. But that's not the whole story. ADHD brains work in cool and creative ways that help you do amazing things.

Mallory: And guess what else? About 1 in 10 kids have ADHD. That means if you have ADHD, you're definitely not alone.

Lori: So, let's start with a question. What's something that you're really good at? It could be anything, like drawing, running super-fast, making up funny stories and making people laugh, solving puzzles, or even noticing things that other people don't notice. I want you to think about it for a second. I know my oldest right now is really into playing the drums, and she absolutely loves it and is so great at it. She's just very musically inclined. And my youngest is so active and loves playing soccer. That is the thing that she is really passionate about.

Mallory: If you're not sure, that's okay. Parents, you can help your child out. What's something they do really well?

Lori: And if you're still thinking, no worries. Let's talk about some common ADHD strengths to give you a few ideas.

Mallory: One of the biggest strengths of ADHD is creativity. Kids with ADHD often have big imaginations. They come up with cool ideas, amazing stories, and new ways to solve problems. I love that one. I've also worked with so many kids with ADHD who are amazing artists. They have this unique way of seeing the world, and that leads to really beautiful and meaningful artwork.

Lori: Another strength is your high energy. So, so many kids with ADHD are always on the move, and that can make them really amazing at sports, great at dancing, or just having fun outside.

Mallory: This is something I love about my younger son. I endearingly call him the Energizer Bunny. He has so much energy and it just makes him fun to be around. That zest for life and that high energy.

Lori: Absolutely. How about hyper focus? That's when you get really into something that you absolutely love. So, it could be Legos, for a lot of kids it can be video games, it might be art, or it could be reading. So, when ADHD brains are really excited about something, they can focus for a very long time.

Mallory: Totally. So, I want you to think of something that you find really interesting that you can focus on for a long time. Share that with your grown up now. And let's not forget kindness. Many kids with ADHD feel things deeply, which makes them really great friends,

excellent helpers, and just great people who care about other people. So, let's ask this again. What's something you're really good at? Maybe now you have a few more ideas.

Lori: Now some of you might be thinking, hmm I don't really have a favorite thing yet. And that's totally okay.

Mallory: If you haven't found something you love doing yet, you and your parents can try different activities and see what feels fun for you. Maybe you want to try a new sport. Take an art class. Learn how to play an instrument. Or even build cool things with blocks. Or try coding. There's no rush. Just explore and have fun.

Lori: No matter what, remember this. You have amazing strengths because of your ADHD. Your brain is wired in a way that makes you unique, creative and full of potential.

Mallory: And if something feels hard for you, that doesn't mean you're not good at anything. It just means you're still figuring things out. And guess what? Mistakes are actually a good thing. Even though it might not feel like it in the moment, but mistakes mean that you're learning, you're trying, and you're growing. Every time you make a mistake, your brain gets even stronger.

Lori: So, keep trying new things and be proud of what makes you, you. And remember, the world needs your amazing ADHD brain.

Mallory: Thanks for hanging out with us today. We'll see you next time on Shining with ADHD.

Katie: Thanks for listening to Shining with ADHD by your hosts, Lori, Katie, and Mallory of The Childhood Collective.

Mallory: If you enjoyed this episode, please leave us a review and hit subscribe so you can be the first to know when a new episode airs.

Lori: If you are looking for links and resources mentioned in this episode, you can always find those in the show notes. See you next time!