

Shining with ADHD by The Childhood Collective

Episode #200: Celebrating 100 Episodes: What We've Learned from All of YOU Along This Journey

Lori: And as we think back on the last 100 episodes, we just want to say that we are so, so thankful to all of you listeners. We honestly had no idea where this podcast would lead us, but we do know that this journey would not be the same if it wasn't for you.

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: I truly cannot believe that this is the 100th episode of Shining with ADHD.

Mallory: I know, right? Remember when we first started recording and then we realized that the mic was muted?

Katie: Yeah. I almost quit at that moment. I was like, guys, this is not gonna work. But it was so awkward, we were all sitting around the same microphone because we felt like that would be the best recording sound, and it was so bad.

Lori: Yeah. And we were, like, turning the AC on and off in my office to figure out the sound quality and yeah.

Mallory: Yeah. On a hot Arizona afternoon. That was great.

Katie: Yes. I remember when we put up our, the little teaser to say that the podcast was coming on Apple and then my parents immediately text me and they're like, we left you your first review. We didn't even have an episode up yet. Thanks, guys. They're always our biggest fans.

Lori: Your parents are always so supportive. I absolutely love it.

Katie: I know. They really are. And I think they egg each other on, too. So, it's like, one will do it, and then the other one's like, ooh, I got to get in on this, so. I know, I know. Well, we've come a long way, but I know that we spend so much time teaching all of our listeners about ADHD parenting, but today, we just wanted to chat about some things that we've learned about parenting ADHD from all of you, our listeners, and our incredible guests. So, we have narrowed it down to five things that we've learned from 100 episodes of podcasting.

Mallory: Yeah. So, the first thing we've learned is that whatever we're teaching each family is going to apply these strategies uniquely. ADHD parenting is not one size fits all. And we love, we've loved hearing from you about how you're taking our strategies and how they work in your home. And we hope that over, you know, the 99 other episodes we've published that you've learned that when, when we give you a strategy, that it's meant to be adapted to fit your family's needs, your child's needs, your family's values. And it's really been so enlightening to hear how you're taking this information and you're making it work for you.

Katie: Yeah. I love being on here because I feel like I also learn from you girls, like what you're doing and we might talk about something like setting boundaries around screens and then hearing how you apply that in your own home. I'm always like, like, oh, that's so interesting. Some things overlap, obviously, and then some things are just different. And I do think a lot of it is our kids, right. We all have such unique kids. And I remember one episode that really stands out to me is when we did the after-school meltdown. You know, how to prevent after-school meltdowns and talking through what each of our afternoon routines look like, right. And you know, I remember talking about my daughter. She just talks and talks and talks in the car and Lori was like, my kids are so quiet they just eat goldfish crackers in the backseat.

Lori: Yeah, we all, all of us are just like completely zoned out. Like, we're all just like overwhelmed.

Katie: I love that. I sometimes have to bring noise canceling headphones in my car because my kids get in the car and it's like, boom. Like it's, I tell my husband this, like, my day is actually relatively quiet and then I pick up the kids and I feel like it's just full throttle for like six straight hours.

Lori: Just to let you know, my kids are not always quiet in the car. Like a lot of times, they are wild and crazy and making constant noise. And sometimes I'm the one that's just like zoning out.

Mallory: Yeah, one of mine goes to his bed to read for like some, after school chill time. But the other one, the Energizer Bunny, he like gets the second wind after school so he's ready to do all of the things, play all the games. And so even within our own homes were applying these strategies differently.

Katie: Yeah, that's so true.

Lori: Yeah. Youd think about like when we started our business, we had such little kids then, you know, and over the years they've gotten so much older and again, the strategies that you use and work when they're little have to evolve and change and you have to do things differently. And listening to what everyone else is doing or what you're doing in your homes has always been so helpful. So, the second thing that we've learned is that support and community are absolutely essential when you're parenting ADHD and you're in the trenches., right. We hear this over and over again in messages from families that it's so helpful for them to feel like they have a community of other parents who just get it. Because so many times you know, you're having playdates with other kids or you're spending time with family members, and maybe you're the only one who's parenting ADHD and you feel really isolated. The things that you're going through are very different from what your friends are going through. The behavior challenges that you have at home are very different. So, it's so important to have friends and family and other people in your community that just really understand you. And I hope we, you know, we've gotten some reviews for the podcast that. The reviews that we've heard that just mean the absolute world to us are like, we feel like Mallory and Lori and Katie are our friends. And that's how we want you to feel. We want you to feel like you have friends in us and in our community that get what you're going through, even if you don't have that, like, in person. So having that community is just really important

to not feel isolated, to not feel alone, and to really help you develop that kind of resilience you need as you're going through these kind of hard times.

Katie: Yeah. And something we've been talking about a lot is, you know, as our business changes and grows and our families get older, you know, what does it look like to provide that kind of community for people who are listening to the podcast or following us on Instagram? And so, we have some thoughts and some things in the works where we just, we really know how important that is. And if you don't have that in your life right now, you know, keep your ears and eyes out because we're gonna really be thinking about and planning some ways to build more community for ADHD parents specifically and people who understand your journey.

Lori: Yep.

Mallory: Absolutely. So important. So, the third thing that we've learned, and this one is really important, is that nothing lasts forever. I'm gonna cry.

Lori: I know.

Mallory: There's seasons of ADHD parenting and some of them are harder than others. And, if you're in a hard season, I've been there. And when you make it out of the hard season, sometimes you don't stop to reflect on the fact that you've made it out. Or maybe you don't feel like you've made it out yet. But I do believe that the hard seasons come in waves. And actually, we recently asked our Instagram followers if they feel like the challenges come in waves, and 80% of people said they do. And I see this with my own friends too. Like, they're just like, gosh, these past couple weeks have just been really rough. You know, we've really been struggling with sleep or we've been having a really hard time, you know, with managing schoolwork or things like that. We just want to encourage you that the hard times don't last forever.

Lori: Yeah. And I feel like we've, we had a lot of people kind of ask, why is that? Like, why are times harder than others? Right. And I think our kids are, like, growing and their brains are changing rapidly, rapidly. And they're also, their little brains are extra sensitive to things in their environment. And just like, just like us going through more stressful times at work or at home or things change and shift, they can be extra sensitive to that. And we'll see those

changes in their environment or even in just their develop how their brain is developing and their body is developing in a certain time can really shift things and change things. But like Mal said, it doesn't always last forever if you're in kind of a hard place.

Mallory: Okay, I think I'm recovering a little bit, so I can lead into our fourth point here. So, the fourth thing that we've learned is that ADHD affects a lot of areas of life. You know this, right. And that there are a lot of professionals who can help. So, ADHD affects so many aspects of life, like nutrition, relationships, sleep, emotion regulation, your child's handwriting. And something that we've learned, especially from our amazing guests, is that there are so many different professionals who have amazing knowledge and skills to contribute to your ADHD parenting journey.

Katie: Yes.

Mallory: We're so grateful that they've come on to share all of that knowledge because it has been eye opening for us personally. You know, when you go to grad school, you get so niched down into your specific topic area, sometimes at the expense of realizing that kind of this multidisciplinary approach to supporting families raising kids with ADHD is so valuable.

Lori: Yeah and I think, I mean, my personal favorite part of this podcast is having the guests on. I learn so much every time we have an expert on to talk about different areas. Like, we just had, a couple therapists talking about relationships that I think was, is so essential and important to raising a child with ADHD. Nutrition is certainly not my area of expertise or medications. You know, we get questions about medications all the time, from families, so to be able to talk with a psychiatrist and ask all of those, like, really important questions, so that I can be a better psychologist has just been wonderful. And we know that for each of you, your journey is going to be very different. And for one listener, you could be really struggling with school stuff that is going on. And so having a school expert talk about the testing process there is really important for you. Whereas another family, you feel like your marriage is falling apart and it's affecting all areas of your, your home life, and that is something that you really need help with. So being able to kind of introduce you to other professionals so that you can get find out more information from them to kind of help with that particular area, I think has been just so wonderful.

Katie: Yeah, we're so grateful to all the guests that we've had on. As I was kind of reviewing that and kind of figuring out what we're talking about today, that was something kind of fun to go down that memory lane and think back, but if you've been a guest on the podcast, thank you so much. We really couldn't do it without you. And if you want to be a guest on the podcast, please shoot us an email because we're always thinking about the different areas that the families need to hear from and we would love to talk more with you. Our fifth point is, and if you're keeping track, that's the last one, but our fifth point is that and probably the most important. I don't know, we all think our point is the most important, I'm sure. But ADHD parents and kids are working overtime and we have to practice self-compassion. Okay, parenting a child with ADHD is very demanding. Honestly, being a child or an adult with ADHD is also very demanding. And so just giving yourself a lot of grace, a lot of self-compassion, reminding yourself that you're doing better than you think you are. And on that same note, you know, we've had the opportunity to interview so many ADHD parents, and that has been another amazing facet of this project because it's incredible to hear different people's stories. You know, some parents that got a diagnosis later in life after their child, some parents that have spent years setting up systems that work really well for their families and just hearing about what they've done to help their families thrive. I think that has been a really big game changer. Some of these people have gone on to write children's books or become authors, and we're just really honored to be able to share experiences with them. But really just understanding that when you're parenting ADHD, it is, a ton of work. It can be a lot of fun but giving yourself all the self-compassion.

Mallory: Yeah. And I think another really important aspect of this ADHD parenting journey is making sure that you're recognizing those wins. Big or small, recognize those ones. You know, like a big one might be having an amazing parent teacher conference, but celebrate those small ones too. Like, you didn't have to leave the playdate early. You got to stay as long as you wanted at the play date. So, noticing those little flecks of gold that you maybe heard us talk about with our friend Rachel, noticing those little moments. Celebrating those little moments just as much as you celebrate those big moments, is so important.

Katie: I agree.

Lori: Yep. And as we think back on the last 100 episodes, we just want to say that we are so, so thankful to all of you listeners. We honestly had no idea where this podcast would lead us,

but we do know that this journey would not be the same if it wasn't for you. And again, if you have found the podcast helpful or you've had some important wins, we would love to hear it. Leave a review, let us know. Those reviews honestly keep us so motivated to mean the world to us. And we just want to know that it's making a difference in your life.

Katie: Yeah. And as we look ahead to the next 100 episodes, we are really excited because we're going to keep doing audience Q and A's, interviewing different experts, and having heartfelt chats with even more ADHD parents. And we really can't wait.

Mallory: Yep. So, we're taking a break for a few months to spend some time with our families and launch some very exciting things in the fall, but we have 99 other episodes that you can listen to in the meantime. So, thank you again for being here and as always, we're here to support.

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!