

Shining with ADHD by The Childhood Collective

Episode #202: Our ADHD Stories: Lori and Katie Share Their Diagnoses

Katie: I was really struggling. I was anxious all the time. I would wake up and just feel like I wasn't getting enough done. I think a huge piece of that, in hindsight, was difficulty with prioritization. I would write on the to-do list grocery shopping, which is the top priority and then, like, taxes are due in two months, which is not today's priority. But in my mind, with my poor executive functioning, it was like, no, this is on the list, I need to get it done.

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. So today's episode is a little bit different, and we are excited for it.

Lori: And a little nervous, too.

Katie: Yes, just a little nervous. That's why my voice cracked. We're excited for it.

Lori: So, it's just going to be me and Katie today, and we are talking about something very personal on the podcast, which is our own ADHD diagnoses. We focus a lot on parenting, and truthfully, getting my own diagnosis has really affected my own parenting. So, while this episode might look a little bit different, we definitely think it's important.

Katie: It absolutely is. And before we fully jump in, I just want to take a quick moment for us to explain why we feel like it's so important to have this conversation. So, before I got diagnosed, I just remember feeling so overwhelmed and like I was failing as a mom. And obviously, you know, we're going to go deeper into some of the specifics, but all of it together, I just felt like between work and having a young family and managing my home, I just felt like I could not figure it out. And it felt like it was so much easier for everyone around me. And so one of our goals in sharing the story is if you're listening, you might also feel like you're constantly underwater or you just don't have it figured out. And we just want you to know that you're not alone. You're not broken. And we've walked this journey, and it can be really, really stressful.

Lori: Yes. And personally, I feel like I waited a long time to get my diagnosis. Probably a little too long. So if you're thinking about your own diagnosis, I know we have talked about this before kind of on social media, and people have asked, like, is it worth it? And that's a question I asked myself for many, many years. And I'm hoping sharing my story today will help you kind of figure out if it's worth it for you too.

Katie: Absolutely. And it is not medical advice that we're giving, so, you know, I think it's sometimes feels like a little bit of a tough needle to thread, right. Because we're showing up as moms, we're also professionals in the field of ADHD, and so we want to be really clear that today we are not giving you medical advice. We are here sharing our own personal experiences and hopefully shedding some light on maybe things that you've also experienced. But keeping in mind that our journeys are very unique and we will talk a little bit about medication and what that looks like. That's not us telling you that you need to take a specific med or anything like that. So just keep that in mind that this is really just our own personal experiences.

Lori: Yes.

Katie: All right, so Lori, we are going to start with our backgrounds. Okay. So, we're going to go back a few decades.

Lori: Just a few.

Katie: Just a few. Just like, you know, three or four and not just like three and a half and think about, you know, what led us to getting the diagnosis. So maybe, Lori, take us back to when you were a kid and what did things look like for you?

Lori: Yeah, I think, you know, when I was a kid, I was a very people pleasing, good, pretty easy child, like growing up. My mom will be listening to this and she's like, no, you weren't. No, I'm just kidding. She, she would say that I was like, like a pretty easy kid. And things started to get harder for me with school, and I was homeschooled but with like a tutor for a while was at kind of a different situation where we had a couple of small families like doing school together. And I never did my homework and I really struggled to get my in-class work done, because I had a hard time focusing and paying attention. Reading comprehension was always like a big struggle for me because of my attention. So, it's hard to remember like what happened in a story because I'd be thinking about something else. And I just remember like having to stay after school like hours sometimes to get my work done because I hadn't finished it and I didn't ever want to do homework. And I know a lot of people, you know, you're like, oh, you got to doctorate? And I think it's a little bit surprising given, given some of my history, but I really hated, hated homework so I relate to your kids on that level very much. But I think that was, that was definitely hard for me and that kind of went through high school. But I was smart and I could put in kind of limited effort and do okay. But I always like took the easier classes, you know, and even though I was like really good at math, like, you know, calculus would come and I, you know, choose newspaper instead. And I just, you know, I didn't want to put forth a whole lot of effort. I didn't really like school. I didn't enjoy it. I hated homework. I procrastinated. I put in kind of as little effort as I possibly could. I remember like getting, you know, I was looking back through my high school transcripts, like when I was getting my diagnosis and my dad had sent them to me, and it was like 'Lori's hardworking and conscientious and doesn't pay attention'. And that was like, on a lot of my feedback from teachers, at the time. And again, I went into college and I failed like miserably my first semester because I just was like, I didn't know how to organize anything. I didn't even know how to make a to-do list. Like, I had the structure of high school and then when that wasn't there, I was like, well, I don't have to show up to class and I don't have to do homework. Like, no one's making me do homework. No one's making me do these things. I remember failing and being like, oh my gosh, like, this is terrible. Like this has never happened to me because I really did not know how to structure life and work in school and all that and those executive functioning skills were always very, very hard for me. And then I

went on to, I really found that I love psychology and I think that became a passion of mine. And I didn't really like school, but then that became a passion and I really got involved in research and doing a thesis and things like that. And then I ended up going to grad school and remember learning about ADHD in grad school. And I remember very vividly being taught about the inattentive ADHD and feeling like, oh my gosh! I didn't know that was a thing because my brothers like, had ADHD, and they were hyperactive and impulsive and so like, I didn't relate to that at all. That was not me. Like I was the opposite of them. But then they're describing ADHD as this like, other type and I'm thinking, oh my gosh, they're just defining my whole life.

Katie: Yeah.

Lori: And I remember, you know, having a friend who was also in grad school at the time and we talked about that and we, we both ended up going on to get diagnoses later on in life. It took a little while for both of us. But, you know, I managed. I did okay, and then I got my job and then kids came and that's really when things started to fall apart, was when I had kids. And I felt like you did, Katie, where I was like, flailing and I started my own business to kind of make things hopefully easier on myself, but it was just too much to manage for my brain. And that's when, like, the executive functioning overwhelm, especially as my kids have gotten older and are in lots of activities and things like that, it really started to affect my marriage. And we were in marriage therapy and the marriage therapist was kind of like, wow, it's really interesting. Like, your husband's really having a lot of issues with like, schedules and you not keeping a schedule and you not getting places on time. And, you know, I, you know, going back to high school, I remember, like, my friends would plan things like, and tell me something is starting at 6, when it actually started at 7, because I would show up an hour late to everything and I just wasn't even aware. Like, I didn't realize that was a problem for myself. But, like, time awareness was so hard and that, like, followed me into adulthood, you know. And I remember our marriage therapist kind of saying, hey, you have like a family history of ADHD, I don't know, I don't know if you know, but people can be high functioning and successful and still have ADHD, so you might want to have that checked out. And I probably should have done it at that point. And then, you know, we kind of worked on schedules and implementing some of those things. And eventually my husband kind of got to the point where he's like, reading books on how to be married to someone with ADHD and he's like, he's accepted the fact that I've ADHD, but I don't have a diagnosis. And I was like,

this is silly. Like, at this point I need to just like, know one way or another, like, what is going on to help my family understand me. I think the other thing was, like, my kids, as they've gotten older, have become aware, like, why is it that I can say your name over and over again and you don't respond? And it's like, you don't even hear me. And it's so hard for me to like, shift my attention from things even when nothing is going on. And I'm sitting in the car and they're like, mom, why don't you respond? I don't even hear them. Like, I don't even process that. So, I think it was just a lot of things in my life kind of piling up that, that got me to that point.

Katie: Yeah, absolutely. It's interesting to hear your perspective on it, you know, having known you for a really long time and sort of walking into that season together, because we both became moms within just like a month or two of each other. And you know, our daughters are 11 now, but we nanny shared. And so, I was always like at your house and you know, seeing I always thought you had it so together with your cute outfits and your very.. Lori has a very adorable mid-century modern house. I just, it's, it's just always interesting to hear other people's perspectives because I remember thinking like, oh my gosh, you're one of the people that had it together, when I was struggling. And so. Yeah, but...

Lori: And I do, you know, I do, I have done a really good job my whole life of like covering those things up where people aren't. And it does look like, cause I wear nice clothes or whatever, but you look inside my purse, it's a disaster. You know, like, Katie knows this.

Katie: Your purse does crack me up. Actually. It's your wallet that stresses me out. I feel like every time you open your wallet, I'm like, you are going to lose one of those cards.

Lori: My George Costanza wallet that's like filled with like 100 cards cause I don't know how to throw stuff away.

Katie: And I have to have like three cards total in a very small wallet that I can keep track of. But, but yeah, you have receipts, you have all the things actually, you have anything we could need in an emergency situation. So that's a good thing.

Lori: But I don't because like, my friend, I'll be out and my friend will be like, do you have a band aid? Or like my kids need, you know, ChapStick or whatever? Like, I don't have anything functional. I just have like a hundred credit cards at like half of them are unusable.

Katie: And like, I love that maybe an unexpired gift card in there.

Lori: Yeah. I mean, I think again for people who understand, like you do, like, you pretend like everything's fine. You know, I remember even in grad school, like, it was hard for me to follow directions and I'd like sort of wake up and the teacher, the professor's given instructions on like a group assignment we're supposed to do and all kind of like subtly, so yeah, what are we doing? Like, you know, you just get to a place where you kind of, like, you haven't paid attention at all and you're, like, relying on other people, but trying to do it subtly so they don't realize that you haven't heard anything that just went on.

Katie: Yeah, no, I do understand that, and I think we, that is a common thread between both of our stories is that idea of, like, I just need to make it look like I have it together. And that is in some ways, kind of sad, because it is like, you're always kind of trying to, like, put forth this face, like, I've got it, even when on the inside, you're kind of, like, freaking out or stressed.

Lori: Yeah. And I think for me, I've talked about my social anxiety, and that sort of came to a peak, like, right before COVID and that was also something I dealt with my whole life. And it was really about, like, you know, presenting and performance anxiety, I always dealt with it. And when I went through that process, it was like, we go back into my past, and it was like these feelings of, like, incompetence. Like, I have these core beliefs that I'm incompetent. And it's like, well, where did that come from? Well, like, my nickname was Space Cadet Lori, like, as a kid, you know. I was like a ditz blonde. You know, it was like those feelings, when you grow up, you're just kind of a ditz or a space cadet. And after, I kind of treated the anxiety, and I think that's really hard because you do put a lot of pressure on yourself, and a lot of us do have anxiety. And Katie, I know you experience that too. Like, it's hard to parse out how much is anxiety and how much is ADHD. I know I struggle with both simultaneously, and it can, my executive functioning challenges really amp up my anxiety too. So, yeah, that can be really tricky too.

Katie: Yeah. It's so interesting to hear about your story and kind of some of the things that are so similar and then some parts of it that are just different. And, you know, so I think for me, looking back as, you know, a student, I really liked school. I loved that it was kind of like this linear process that I could check things off and get to this test and this quiz. I'm telling this story, and I feel like I sound very dorky, actually. And it is true. My husband still jokes with

me, he's like, yeah, we would have met in high school I don't know if we were dated. But it's true, I loved school. I loved having a planner. I had, you know, all my folders that I would organize. I would show people. I would show my parents, my grandparents. They were very cool about it. Like, they were always like, wow, that's so impressive. Like, now I have my own kids, and I'm like, okay, they were definitely just trying to make me feel good about it. But, yeah, you know, so I think for me, I didn't really, a lot of people just assumed, like, I was a really good student and it was fine and I didn't have any issues. Looking back now, I can really see, like, the intensity that I brought to a lot of situations and kind of just how I was so social, like, almost overly social, and constantly talking and singing and humming. I got really involved in music and theater and performance, which I think was a really great outlet for me. So, again, I think a lot of those things didn't really show up at that time. But looking back, I can definitely see sort of that sense of, like, I just felt like I was on the go all the time. And what was really adaptive, being on the go all the time when you're studying 10 hours a day for graduate school is great, but it becomes a lot more problematic as you kind of grow into new seasons in life. And so, for me, that was really when things got more challenging is going into motherhood. And just a lot of the strategies I had always used, like, making lists all the time and trying to keep things really organized and keep everything together and if I just work longer on this activity, I'll eventually get it done. It just didn't work as well as a new mom. And so, we have, you know, two kids. By the time the second one came around, I was really struggling. Like, I was anxious all the time. I would wake up and just feel like I wasn't getting enough done. I think a huge piece of that, in hindsight, was difficulty with prioritization. I would write on the to-do list grocery shopping, which is the top priority and then, like, taxes are due in two months, which is not today's priority. But in my mind, with my poor executive functioning, it was like, no, this is on the list, I need to get it done. And what that looked like in my house was a lot of conflict with my husband because he was kind of like, we need to chill out. Like, you're being so high stress and so high strung. And for me, I'm like, I can't stop moving. I don't want to sit down and play with my kids because did you not see the to-do list on the fridge? And if I didn't write it down, it was in my mind and just constantly, I was constantly racing my thoughts. I need to do this and this and this. And I just didn't have any sense of restfulness. And that's where I mentioned, like, I would talk to Lori and other moms who just seemed like they were more in the moment with their kids and like more able to enjoy the park or the splash pad. And I remember just feeling like, why is this so hard? I feel like I've run a marathon and it's only like 10 o'clock in the morning. But in the meantime, I'm adding more stuff to my to-do list. Like yeah, I'll bake cupcakes. No, I'm not

going to just buy them at the store, I'm going to bake them from scratch. And just constantly adding more and more things and like saying, yes, absolutely, I can do it. Absolutely. And it just, it wasn't great. And so...

Lori: And I think as you get older too, it's like as a kid you might be constantly moving or chatting or talking and as you get older, it's like all of that, like overactivity is like you, you're experiencing it like in your brain, right?

Katie: Yes, exactly.

Lori: It becomes overwhelming.

Katie: Yeah. My mind is always running a hundred thousand miles a minute. And so of course, you know, I'm in my early 30's and I'm a young mom and so what do I do? I decide I have anxiety and I need to go talk to a therapist about my anxiety. Which I did. And I love my therapist. She was like very supportive of me. But right away, you know, she's asking me a ton of questions, trying to get to know me and understand about my, my story. Like, why am I here? And she brought up, right away, she brought up ADHD. She said, you know, I see you check the box, you have a family history. And I was like, oh yeah, my, I do. Yes. That's really they have ADHD. I do not have ADHD. I'm anxious as I'm probably like interrupting her and talking really fast. Probably dumped over a coffee in a water because I cannot not talk with my hands. Podcasting is hard for me because I can't hit microphone while I'm talking. But I do, if you know me in real life, I'm constantly talking with my hands. And so she was really patient and we worked together for a long time on anxiety, because that's what I felt I really needed to focus on. And I think there was some growth there, but again, I just would go back to these racing thoughts and the feeling of like, I can't settle in, I just can't sit down. I have to be moving and doing stuff at all times. And so, she brought it up again for me and was like, hey, I really think it could be helpful for you to go see a psychiatrist at a minimum to talk about anxiety, but also he might have some thoughts about ADHD or possibly other diagnoses. And so that's kind of what, what brought me to the point of meeting with a psychiatrist. But yeah, I think it's interesting looking back, you know, hindsight is 20/20, but I definitely would say that a lot of the challenges that I had as a really young kid were very internal. Like, it was a lot of the stress and feelings that I felt. Same as you, Lori. Like, not feeling competent, are things that were very much invisible to other people. And I actually remember when you brought up to me the idea for The Childhood Collective, and it

wasn't anything yet. It was just an idea. It didn't have a name. We didn't have Mallory yet. And I remember my first response to you was like, well, why would you want me to do it? I don't, I'm not good at that. Like, I wouldn't know how to do that. I'm not, I don't think people would think I'm smart enough to listen to me. And I remember you kind of looking at me like, what? What are you talking about? But it is that self-perception of like, I'm not competent, I'm not capable of doing something that awesome. You know, of course I was like, you've got this. but I wasn't, I would never assume that I should be a part of it, if that makes sense.

Lori: Yeah, no, I think we were similar in, in that way and similar in our anxiety too, about various things. But yeah, I think it's, it's interesting to see how we kind of got to those points of actually following through on an evaluation. And I know, like, I, I kept putting it off, like. And I remember really, I think some of what kind of put me over the edge. My husband kind of just reading books about living with someone with ADHD. But then I remember talking to my mom and she was like, yeah, I'm certain you had ADHD, I just didn't know that there was an inattentive type. And it's interesting to talk to a family member that's like, oh, yeah, I can like, look back and see. And I feel bad because it was so different, we just didn't recognize it. And I think a lot of females experienced the same thing where it's just not super noticeable. And a lot of times because you're people pleasing and you get good grades and you know, in Katie's case can be really organized in various areas, right, but can't prioritize. But yeah, I remember I scheduled an evaluation and I remember like, Katie and I were going to go to Tucson and then I like, canceled it and because my daughter was needed to go to therapy because she was really struggling with anxiety and it's just too much money. Like, and I know a lot of people experience that, it's you can't do it all at once because it's just too much money. So, then we put it off and I finally just like, I found someone that specialized in like perimenopause and ADHD and I was like, this is my person, because I feel like both of these things are going on. And yeah, went through the process of like, looking through all my past and all those questions and things like that. And I remember filling out a questionnaire and I'm looking at all the inattentive symptoms and I'm like, yes. And then I see the hyperactive, impulsive symptoms and I'm like, no, those do not apply to me in the least bit. But I'm reading them and thinking, oh my gosh, that's Katie.

Katie: Yup.

Lori: I'm like, that's not me, but that's Katie. And it is so funny how like, very different we are. And I think a lot of families will feel the same way. It's like, you'll have one kid that has inattentive presentation and hyperactive presentation and they look like totally different kids. And we, we definitely experienced that. I lived in a house like that as well. But yeah, I think, you know, it was helpful for me to kind of go back and when I did get the diagnosis, kind of look at all those things in my past and kind of reframe them. And it was like, I don't know if you felt this way, Katie, but I just remember, I remember feeling sad initially because I felt like, you know, I don't know, looking back on those experiences and feeling like you're kind of, I always interpret as I was just stupid. Like, I just couldn't pay attention because I was stupid and feeling kind of sad for that kiddo. And I don't know, it was, like, a good process to go back and reframe, like, a lot of those experiences for myself.

Katie: Yes.

Lori: But also, like, it was a sad. I felt sad and talking to my husband, I remember just, like, breaking down and crying over it. Even though it's like, something that you almost knew for a long time, but, like, hearing someone else say it. And she was like, yeah, I think you have more than just mild symptoms. And I was like, what?

Katie: Like, did you read the whole paper? Are you sure?

Lori: Are you sure? I'm gonna disagree with that. I don't know.

Katie: Well, I can't be moderate over here way.

Lori: I'm not. I feel like I... No, I disagree with that. But, I just remember, like, it was helpful, though, and it's been helpful to have those conversations with my family. And I know a lot of people who are like, I just don't know if I want to get that diagnosis when I'm, like, 40. I'm, you know, 40, I was 43 at the time kike, when I'm getting the diagnosis, like, does it matter? And I know it's been helpful, like, talking to my kids when they feel like I'm not paying attention to them, like, when they've called my name, like, ten times to kind of explain to them it's not that I'm ignoring you. Like, I have a hard time shifting my attention because of this and helping my husband to better understand, like, how to communicate me and communicate with me. And, I think it's that has all been really helpful. And also, like, you know, I, at that point, started medication, and that was helpful, but at the same time, I

also felt like my anxiety was increasing too. And then after I started it, I ended up getting kind of a whole panel because I do think I'm going through perimenopause for a variety of other reasons. And I started to notice, like, my emotion regulation was really hard, which that has not been hard for me. Sleep has always been problematic for me, but that's getting worse. And realized that there were, you know, I had very low hormones in different areas, so that's something I'm kind of trying to address right now. So, I will say, like, I do not have all things figured out at this point. And I, it's a journey. Like, for myself, it's a journey. And I kind of paused on medication right now because I'm like, I need to get that part figured out, and I again, I can't do everything all at once. So, I'm still trying to figure stuff out for myself. But how about you, Katie? Like, what ended up happening like, when you went in for your evaluation?

Katie: Yeah, so I guess one really quick thing I wanted to say, too, is you talked about being sad when you got the diagnosis. I think that's so normal to have so many different feelings. But it does make me feel really proud of, you know, what we do here, and the parents that listen and follow along that are really trying to reframe that for their kids, right. Like, we have an opportunity to touch a whole generation of kids that they're not space cadets or motor mouths or whatever other terrible labels are given to them. But, I just wanted to note that because I think there's a lot of weight to what we do and the responsibility that parents have of, you know, reframing that for their kids. And so, if you're listening, you're crushing it. So, thanks for being here on this journey. But, yeah, so my story. we left off where I was gonna go see a psychiatrist, and, at my therapist's prompting, you know, and so I kind of went into it with a pretty open mind, but to be honest, I really wasn't thinking that he was gonna say ADHD. I was really focused at that point on anxiety, and I was even to the point of, like, I might need some medicine for anxiety, because I was like, I'm just not coping well, and I don't want to miss out on this time with my kids, right. Like, I felt like motherhood is fleeting, and I'm so grateful for what I have in my life, but I was not coming from a place of gratitude. I was just so stressed. And so, anyway, he did a really extensive interview with me. He went into my family history. You brought up sleep. He brought up all the things about, like, my childhood, my siblings, my parents. Again, you know, you look back and you're like, oh, yeah, I do see that. You know, so, he ended up basically saying that he felt, like, my anxiety, which, you know, he's like, yes, I do think that you have anxiety, but he was basically saying, I think you have hyperactive ADHD, which isn't as common as a presentation in women. But what that looks like for you is these racing thoughts, it can be

almost like rumination is the word that he used where I would kind of get, like, stuck on a thought. And it would feel like I'm anxious because there's this buzzing in my brain all the time. And so his recommendation was actually, he said a lot of it is kind of like trial and error, but he said, let's try a stimulant. Let's try some ADHD medication, a very low dose, and just see and like, see if that helps with the anxiety. And it took me a while to process it. I don't know if I was really as sad. I think for me it was a little bit of denial. But definitely, like, once I started to kind of around to the idea, I think it was a lot of relief because I was just like, oh, yeah, okay. That is why. So anyway, so I started the meds and I remember I started them on a Friday morning, and my kids had gone to school and I took the meds. And I really wasn't sure how, you know, what was going to happen, but it was incredible. I was able to focus so beautifully. I didn't, he gave me the instructions. So, this is a good example of like, behavior modification and medication is the best combo because he said, you know, you're gonna, you know, try the meds, but you're also gonna make a list and you can only have five things on your list to do that day. And I'm like, okay, so by like 8:00am, five things and then 9:00am, and he's like, no. He's like, pick five. And I honestly looked at him, I'm like, I can't. But the meds allowed me to pick five things. And for the first time, genuinely, and I was probably 38 at this point, I don't know, I was able to make a list of five things. Only five. And I'll be honest, I made a list of other things that weren't on today's list that I could keep in the back of my mind for like, another day. But I did. I really prioritized five things. And I did that, you know, very consistently. I still do that, writing down my five things. And it is hard. It's definitely a work in progress. But that was the first day that I didn't feel super anxious. I was able to focus. I got my five things done. And he said, he's like, if you finish the five, you can do more. But for me, I would do five things without even thinking before I even made the list of my 30 things, right? And so it was really helpful to have that insight. And I, do still take that medication, it helps me a lot. And I would say that my anxiety is still there, but it's different. It's much more manageable, and it kind of comes and goes throughout the month, I think, with my hormones as well. So, it's just very different than the anxiety that I felt, you know, looking back before I started the medication. So, I would say big picture for me, it's been a total kind of mindset shift. You know, we were already working in The Childhood Collective. I already had kids that were diagnosed, like, before I ever got my own diagnosis. But it is different again, like, when you look back and you say, okay, now I see these things with so much more clarity about myself. These things that were kind of, like, quirky or kind of just made me feel like I was a little bit different. I'm like, okay, yeah, that makes sense. That's how my brain was developing. But again, I would

have never guessed that five years ago if you told me, I would have been like, no, there's no way.

Lori: Yeah. It's so funny hearing you say that about the to-do list, because I still can't make a to-do list. My husband gets so frustrated at me. He's like, just put it on a list so you don't forget. And it's like, but you don't realize. Like and that's what, where I struggle of, like, having the presence of mind to, like, follow through with those things in the moment and, like, put it on a list when I have that thought is where I struggle. So, I'm still working on keeping a to-do list. I will be lucky if I get through two things on the list.

Katie: And let's be honest, that's why we both need Mallory, because she manages all the things. Like, she manages the notes, she manages the list. Like, we'll meet. And I write down the things that I'm supposed to do, usually on a list during the meetings. But then Mal is like, okay, so I put together minutes from the meeting, and here's so, thankfully, because let's be honest, like, neither of us really has the frontal lobe capacity to fully do what we do without someone who's really organized. Like, we really do need a Mallory.

Lori: Together we are like, a powerful brain.

Katie: Yes. Genuinely, it's pretty impressive. We almost can compete with Mallory if we put our two brains together to get the list and do the list. But, yeah, we're forever grateful for the three of us, because I do think that's how we get stuff done. It's pretty impressive.

Lori: No, it is. Yeah.

Katie: So as we kind of wrap up this really unique episode, what advice would you offer to any parents that are listening, that are like, maybe I should get an eval? What would you tell them?

Lori: It's funny because I feel like it's all the advice that, like, we give parents about their kids, right. That it, I think it really helps in helping other people in your life and yourself understand you better and look through a lens of, like, understanding and also, like, realizing, hey, these things might be hard for you, these things you're really good at, and like, developing kind of even a family structure of like, you know, my husband takes on, like, the organizational stuff in our family, whereas I take on other tasks that, like, I do well at, you

know. And I think, you know, again, developing the tools, once you understand, and also having the treatments and resources, whether that's medication or therapy or other types of things to kind of help give you the tools to grow, even at 40, 44 years old, I can grow and all of us can grow and get better. And I, think again, it's just helpful having that understanding. So, if you're kind of on the fence or wondering if you should, that's our encouragement today.

Katie: Yeah. And as always, we are here to support you on the journey. 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!