

Shining with ADHD by The Childhood Collective

Episode #209: An Episode for the Whole Family: Kindness + Gratitude in the Holiday Season

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: Hi, everyone, it's Lori, and here today I'm with Katie and Mallory, and you're listening to the Shining with ADHD podcast. So, today's episode is a little bit different. It's one for kids and their grownups to listen to together.

Mallory: And guess what? It's the holiday season, which means there's a little extra sparkle in the air. So, today we're talking about something that can make you shine even brighter. Kindness and gratitude.

Katie: Let's jump right in. So, here's some fun science for you. When we do kind things for other people, our brains actually release chemicals that make us feel good.

Lori: That's right. And these chemicals have big names like dopamine and oxytocin. Try and say that! But they're basically your brain's way of saying, hey, that feels good. Nice job! Awesome!

Mallory: So, when you help someone pick up something they dropped, or say thank you to your teacher, or maybe you share your favorite snack with a friend, even when you're doing something for someone else, your brain gives you a little happiness boost, too.

Katie: It's true. It's kind of like, a built-in superpower. Kindness doesn't just help other people; it helps you too.

Lori: Now you don't have to do something huge or expensive to be kind. The best kinds of kindness are often small. So, let's think of a few ideas together.

Katie: So recently, my kids and I wrote a welcome note and baked some brownies for our new neighbors. So maybe you could make a drawing or a note for someone that you love or someone who's important to you.

Mallory: I love that! In my house, I know that some of the most simple acts of kindness are between my kids when they let each other maybe have a turn. Or be the one to choose a show. That's a big one in my house! A big way to show kindness is to let your brother choose what's on the TV. It seems small, but it can leave you and your sibling feeling really good.

Lori: Yep. And you can even help your parents by bringing in the mail, putting away some laundry, or even helping with the dishes after dinner. I know when my daughter helps put away dishes, it is such a huge thing for me. It makes me feel so good. Or even just doing something with your parents can be an act of kindness.

Katie: So remember, kindness doesn't have to take a long time. You can do something small that makes someone else's day a lot brighter.

Mallory: Yep. So, let's talk about something else that pairs perfectly with kindness, and that's gratitude. It's kind of just a fancy word for being thankful, basically. When we take the time to notice what's good, like a cozy blanket, our favorite song, a friend who makes us laugh, our brains feel calmer and happier.

Lori: Exactly. And sometimes it helps to say something that you're grateful for out loud. So, you could say, I'm so grateful that I get to play soccer today, or I'm thankful for my mom because she made pancakes this morning.

Katie: You could even make it into a family game. At dinner or bedtime, go around and everyone say one thing you're thankful for that day. You'll be amazed at how much good stuff you find when you really start looking for it.

Lori: So, this week we're going to challenge you to do one small act of kindness every day and pay attention to how it feels for you.

Katie: Maybe you could hold the door for someone.

Mallory: Or write a thank you note.

Lori: Or just tell someone that you love them or give them a hug.

Katie: Because kindness makes everyone shine a little brighter.

Mallory: Before we go, here are a few questions you can talk about as a family about kindness and gratitude. You can pause after each question or you can talk about them at the end, so we'll share these questions in the show notes.

1. What's one kind thing someone has done for you recently?
2. What's something small you could do today to be kind to someone else?
3. When do you *feel* thankful? What does that feel like in your body?
4. What's one thing about your family that makes you feel grateful?
5. How can we make kindness a little habit, something we do every day?

Lori: Thanks for listening, friends. We are so thankful for you. Thanks for being a part of our Shining with ADHD family.

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!