

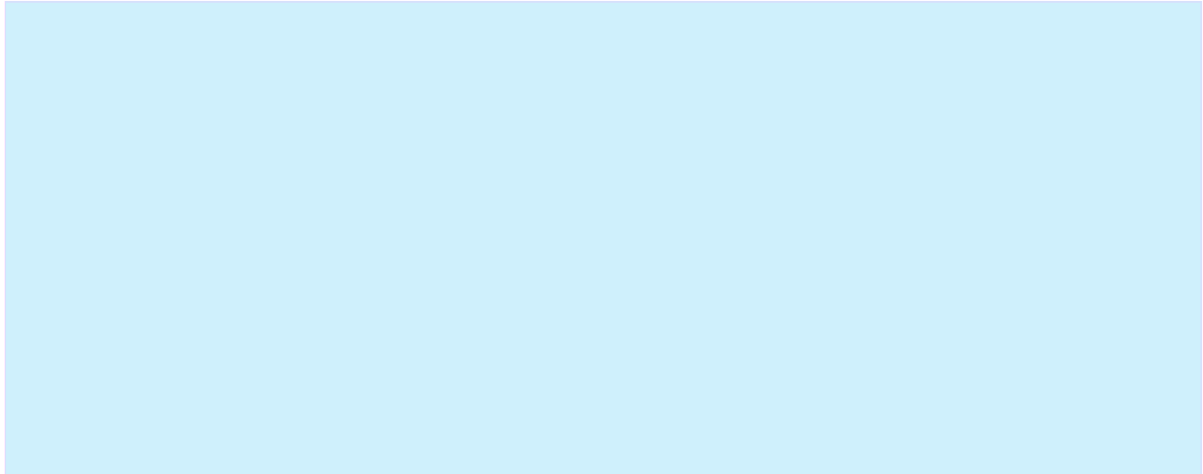
# Creating Team ADHD

Workbook companion to blog post  
How to deal with non-ADHD believers and unsolicited advice  
by ADHD Done Differently



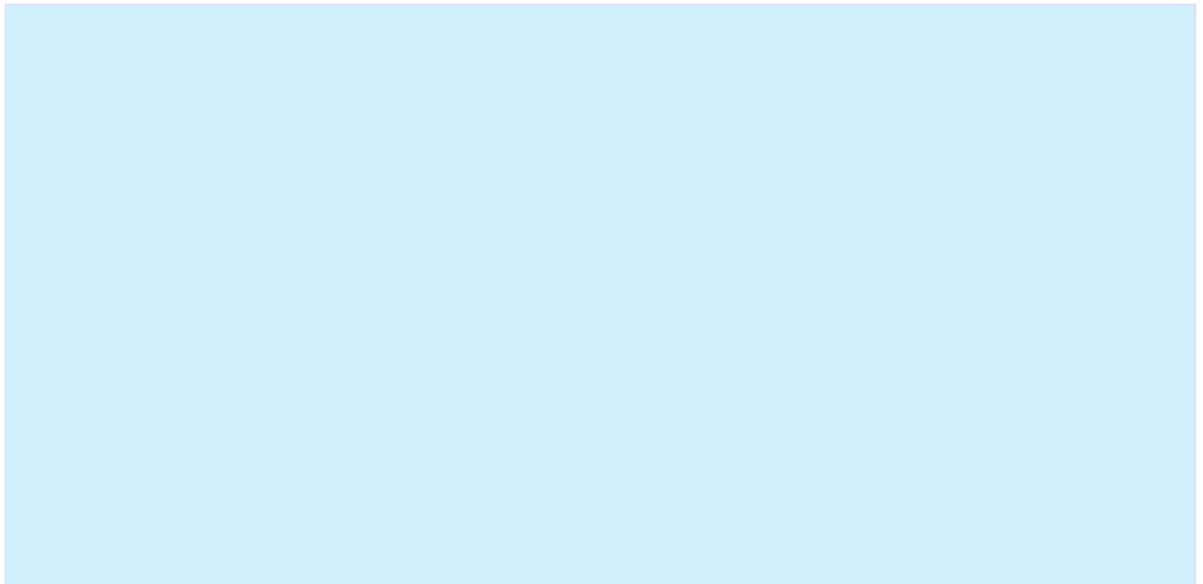
Write down the people who are causing you stress, regarding how you are parenting your child with ADHD. People who give you unsolicited advice, judge you, make you feel bad about decisions or don't adhere to your rules you set for your child.

This doesn't have to be in any special order, just brainstorm and write them in the space below.



Now brainstorm your child's team. Who are the people who parent, look after, teach, work, spend time with and love your child with ADHD?

Write down, in the space below, anyone who is a vital part of Team ADHD.



Now highlight or circle the people that fit into both groups. Who is in Team ADHD; a vital team member, but also adding stress or giving unsolicited advice?

Let's now take the time to sort these people into two groups.

In group 1 – write down all the people who you have just highlighted or circled. These are the vital people in your child’s life. People who we have to build stronger relationships with, provide education and share knowledge with, to collaboratively get the best outcomes in life for your child with ADHD.

Group 1 – TEAM ADHD

What areas of assessment and/or management of ADHD, do you find these people are making you feel stressed about or judged on? Write them below. These areas can be your starting point for some evidence-based research. Check out the [Recommended Resource Page](#) on our website. You can also [contact us](#) to help point you in the right direction.

Areas I want to learn more about

Now write a statement for when your education and advocacy aren’t effective. You may require a couple of statements depending on who you speak to. You may say this one way to your sister or friend, compared to your child’s classroom teacher or music tutor.

I will say...

In group 2 – These are people, who are in your life, but do not fit into Team ADHD. Write down some kind, yet assertive, non-emotive statements for you to learn, so you can put a stop to the stress from the unsolicited comments or advice from this group.

I will say...

Or

I will say...

*I hope this workbook and blog has helped you.  
Please feel free to share it with anyone who needs it.*

