



🌟 Why Self-Esteem & Self-Awareness Matter 🌟

Children who feel competent are more willing to push through boredom, frustration, and social hiccups—the very situations that often trigger ADHD symptoms. Studies show that higher self-esteem correlates with lower perceived symptom severity and better day-to-day functioning. Helping your child notice their strengths is therefore an evidence-based way to tame inattentiveness, impulsivity, and emotional dysregulation.

How can I help my child with ADHD to build his/her self-esteem?

🚀 Four Confidence Builders

#	Parent Move	Why it Works	Quick Try-It
1	Teach a new life skill	Mastery → independence → confidence	Show them how to run one full laundry cycle this week. 🧺
2	Stretch the comfort zone	Challenging but safe “firsts” create “ <i>I can do hard things!</i> ” stories	Offer 3 new activities (youth group, theater, sport). If they won’t pick, you pick. 🤖
3	Replay past wins (episodic memory)	Kids with ADHD often forget positive emotions tied to success—reminding them bridges the gap.	“Remember last summer’s camp? You made friends Day 1—youth <u>group</u> will be similar.”
4	Replace reassurance with conviction	Prevents feeding self-defeating talk; models belief in their ability.	Respond to doubts with: “I’m confident you’ll figure this out.”

Table adapted from Andrew Huberman Lab – “How to Build Confidence in Your Kids” (conversation with Dr Becky Kennedy & Dr Andrew Huberman, Feb 15 2024)

Tips: Add social-skills coaching (slow, role-play greetings 🤝).

Confidence also grows when kids know at least one peer enjoys being around them.

💬 Start by Asking for Their Input

How to do it?

1. Shrink the task. Swap "Clean your room" for: "Pick one small thing to do first—maybe collect five LEGO blocks or toss socks in the hamper?"
2. Give thinking time. Count silently to ten; many kids need a pause to engage their planning brain.
3. Echo their choice. "Great—five LEGO blocks first. I'll set a 2-minute timer."
4. Name the win. After completion say, "You picked a step and nailed it—nice planning!"
5. Layer the next bite-size step only when the first succeeds. Gradual stacking builds momentum without overwhelm.

le schoolwork script: "Which feels easiest to start—writing the title or answering question #1?"

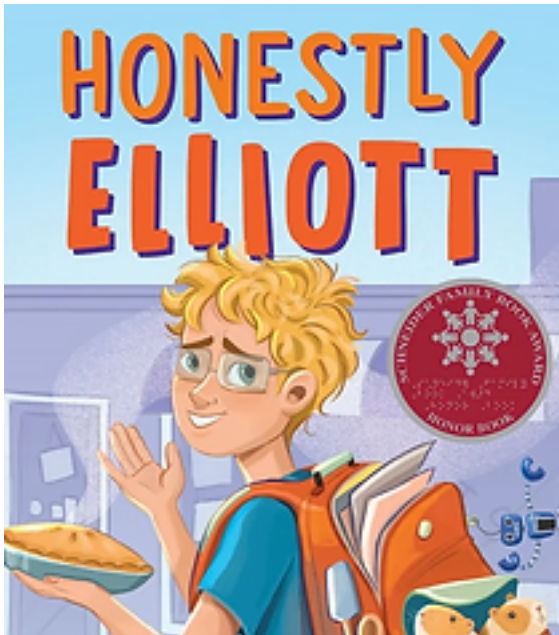
📖 The "Wonderful List" (Positive-Catch Notebook)

Goal: Counter the daily tally of corrections many kids hear.

1. Parents track tiny wins all day—putting socks away, bringing dishes to sink, helping a sibling.
2. Read the list aloud at bedtime (or weekly family meeting).
3. Over time, the child internalises "I do many things right."

For Children with ADHD

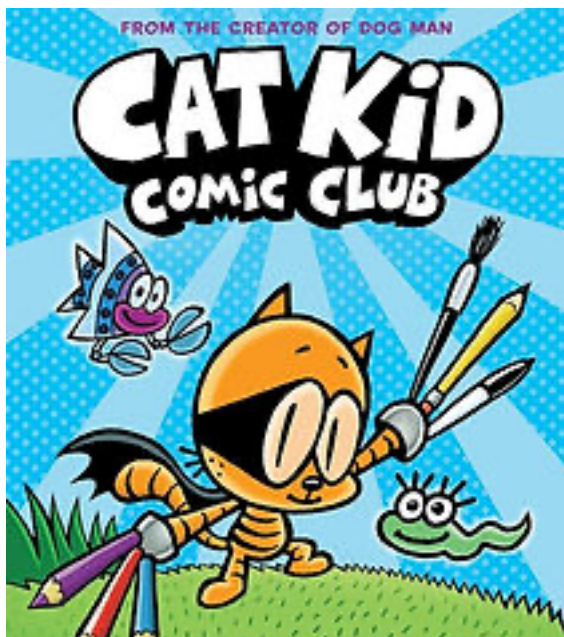
Explore our curated selection of story-powered "mirror" books that feature children with ADHD. These stories offer valuable insights and relatable characters, helping children and their families understand and navigate the challenges and strengths associated with ADHD.



Honestly Elliott by Gillian McDunn



Percy Jackson & the Olympians Series by Rick Riordan



Cat Kid Comic Club by Dave Pilkey

★ Honestly Elliott (ages 8–12):

Elliott’s hyper-focus on cooking helps him reframe ADHD as a talent, not a defect. Kids watch him mess up, make amends, and leverage his passion—an ideal model of strength-based identity.

★ Percy Jackson & the Olympians (ages 9–13)

Percy’s ADHD and dyslexia become “battlefield reflexes” and “Greek wiring.” The adventure shows how neuro-divergent traits turn into super-powers when the environment fits the brain.

★ Cat Kid Comic Club (ages 6–10)

Short graphic-novel chapters celebrate creative risk-taking. Dav Pilkey—who openly credits his own ADHD—lets quirky characters fail, iterate, and succeed, teaching kids that mistakes are part of mastery.

 *Tip: Keep the print copies in a visible spot! Re-reading favorite scenes is a low-effort way for children to “rehearse” positive self-talk.*

⚡ **Quick Inspiration Corner**

“Having ADHD, and taking medicine for it is nothing to be ashamed of—nothing that I’m afraid to let people know.” — Simone Biles

“Being able to get in the water, I felt more relaxed... so I decided to stick with it.” — Michael Phelps

“I know what it’s like to grow up with ADHD... access to accurate information matters.” — Ty Pennington

“I have OCD mixed with ADD—you try living with that.” — Justin Timberlake

“Maybe I wasn’t an airhead; maybe my brain just worked differently.” — Busy Philipps

Pro-tip: Print a favorite quote and tape it to a mirror or notebook.

Ready to Act?

1. Pick one book from the list and read it together—pause and ask, “How did the character use a strength here?”
2. Choose one Parent Move above and stick with it for two weeks.
3. Celebrate the process (effort, problem-solving) more than the outcome.

Small, consistent wins give every child with ADHD the internal proof they need: *“I can do this—so I can do the next hard thing, too.”*



I Embrace ADHD (ieADHD.org) aims to promote awareness and support for ADHD, with resources specifically for inland empire Riverside County and nearby communities in California.

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The information provided on this website is intended for informational purposes only and should not be construed as a substitute for professional medical or psychological advice. Always seek the advice of your qualified mental health provider with any questions you may have regarding a mental health condition. If you are experiencing a mental health crisis, please contact emergency services or your healthcare provider immediately.

If you need immediate emotional support, call or text 988 (Suicide & Crisis Lifeline), or dial 911 in an emergency.