

# Facts & Fiction about ADD/ADHD

1. ADD/ADHD can be cured with medication.  
False, medication can help some types of ADD/ADHD, but life skills, behavior modification, and diet changes are also important in treating the symptoms.
2. ADD/ADHD is a childhood disease.  
False, many adults still are bothered by ADD/ADHD symptoms and don't even know they have ADD/ADHD.
3. ADD/ADHD individuals have learning problems.  
False, some of the smartest people in history are suspected to have had ADD/ADHD including Thomas Edison and Albert Einstein.
4. ADD/ADHD only affects boys.  
False, girls often go undiagnosed because their symptoms present differently, instead of playing Tarzan off a floor lamp, girls will be quiet and daydream. Instead of being tested for ADD/ADHD and receiving proper treatment, they are labeled as a daydreamer and ignored.
5. ADD/ADHD individuals have a brain problem.  
False, people with ADD/ADHD do not have a brain problem, but interpret, store and process information differently than the mainstream individuals in society. The fact is, without our ADD/ADHD thinkers, we wouldn't have the light bulb, jet planes and beautiful art, because it is our ADD/ADHD thinkers who can see the world in a different way to create the wonders mainstream individuals only dream of.

## How Parent Coaching Can Help Your ADD/ADHD Child

1. ADD/ADHD cannot be cured and symptoms cannot be eased with medication alone. ADD/ADHD individuals will always have ADD/ADHD symptoms, the key is that they understand their symptoms and learn how to make them an asset instead of a hindrance. A Parent Coach can help you teach easy ways handle the symptoms.
2. Many adults today still suffer from the symptoms of ADD/ADHD. They've learned over the years through trial and error to manage most symptoms, but a few still creep-up, like being chronically late to important events. Instead of forcing your ADD/ADHD child to learn symptom easing techniques on their own, a Parent Coach can teach you and your child necessary life skills to ensure success as a ADD/ADHD adult.
3. While ADD/ADHD individuals are as intelligent as mainstream individuals, they often do have a harder time processing information as it is currently taught in schools. With the help of a Parent Coach, you can teach your child different ways of processing the necessary information in order for them to succeed in school.
4. ADD/ADHD looks different in every child. Some children become hyper-focused on one project, some will have 10 half done finished projects going at once. Whether it's your ADD/ADHD boy or girl, a Parent Coach can help you create an action plan that will ensure their abilities and not their symptoms label them. Your Tarzan could turn into they next Olympic pole jumper and your daydreamer the next high fashion designer.
5. Children who have ADD/ADHD, especially undiagnosed conditions, often feel intellectually inferior to their peers. A Parent Coach can help you understand simple techniques, which will give your child a leg-up in the classroom, reducing the feelings of low self-esteem and creating feelings of empowerment.

**For more information on how Parent Coaching can help your family**

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