

# Caregiver Guide

The author, is a late-diagnosed person with ADHD. She is passionate about helping caregivers identify ADHD in girls early so they can have support she did not have. This book came out of her art happy place. This page by page guide reveals some of the ADHD symptoms, soothing strategies, emotional cues, and parenting techniques exemplified in the story.

3 - Any child might misunderstand a string of information when they are sleepy but people with ADHD are more likely to have difficulty. Body language like throwing brows are a good cue for parents to pause and offer a little extra support like holding hands.

5 - Children and adults struggle with short term memory. This can create distress when that information is needed later.

7/11 - Changes and transitions are difficult for people with ADHD. A wise caregiver will notice body language, and offer support by assuring them that things will be fine.

8 - Giving a child ownership and control as much as possible in a difficult situation is comforting.

9 - Molly's family had experienced some profound losses that she wasn't mature enough to comprehend. Regardless, she would not have been able to avoid sensing the tension. Losing one of her coping strategies, her art supplies, is profound within her as she experienced it without support.

10 - A stuffed animal provides considerable comfort and coping support. Molly's go-to strategies were affection, her bear, and her art. Some will not find these strategies on their own which is why support is so necessary.

13/ 17 - One may notice, in a child or adult with ADHD, that they need more rest because the demands of life require so much energy.

17 - Awareness of the passing of time, time blindness, may be one of someone's ADHD symptoms.

18/19/20 - Emotional reactions may seem disproportionate to a situation. Often for girls, being good means being quiet so they internalize pressure until they can't anymore.

21 - For the writer, the story ended on page 19. A more present and adept parent would have proceeded the way the rest of the story is written with awareness, attention, and affection.

*Terri Clauss*