

## Support for Parents

Few people understand what it means to be a parent of an ADHD child unless they are one or are emotionally close to one. For this reason, finding some type of support group, even if it is simply a couple of moms meeting regularly over coffee, can be very beneficial. Not only are the shared experiences and parenting tips helpful, the stress relief can be a valuable lifesaver. In fact, the emotional support that parents can give and receive from each other can be a life support system for the entire family. We know that statistically, families dealing with ADHD suffer from an increased rate of divorce, depression, and other health problems. Unfortunately, in our present system there are very few funded resources for parents of ADHD children or indeed programs for the children themselves. Programs for adolescents and adults are even rarer. These support systems for families may very well be something that we as parents need to advocate for, but realistically in the short term need to develop ourselves.

Also, parents who approach an individual school or board, sports team, or other group activity as a united front may find it easier to access those accommodations and resources that their children need. If we are looking at the possibility of up to eight or nine percent of the school population this number of parents cannot be easily ignored. One set of parents alone face isolation and can be easily intimidated, but many parents who are united in working towards the common goal of receiving help for their children can be a force to be reckoned with.

For more information on becoming involved in ADHD advocacy efforts please access our Advocacy section or contact CADDAC.