

5 Extremely Informative Podcasts For Parents of Children With ADHD



For busy parents sitting down to read a book or doing research on their children's ADHD may require too much time and attention. However, listening to a podcast while driving the kids back and forth to practice or going to work every day may be a great fit. Given the proliferation and popularity of podcasts over the past 5 years, there are experts, parents, and educators sharing their knowledge on a variety of topics. When it comes to parenting children with ADHD (Attention Deficit Hyperactivity Disorder), there are many ongoing podcasts that we can recommend. These focus on a broad range of topics within parenting and ADHD, so we have recommended episodes of where to begin. Also, take a look at other episodes of these podcasts to find something more tailored to your child and their specific struggles with ADHD.

Our teams at South County Child and Family Consultants and lw4k.com are always on the lookout for the newest information to help kids with ADHD, Learning Disabilities, Autism, Anxiety, Depression, and Executive Functioning difficulties. Podcasts on executive functions are one of the more accessible tools that we have found. In our offices, we provide comprehensive neuropsychological evaluations of children,

teens, and college students. Beyond the confines of the office, we are well informed of the latest research and technologies that can help kids with social-emotional, attention, and learning problems. Check out our other posts to learn more about the latest innovations to help children grow.

5 Extremely Helpful Podcasts For Parents of Children With ADHD

1. “[Beautifully Complex: Navigating Neurodiverse Parenting](#)” by Penny Williams

This podcast is all about parenting children with ADHD by Penny Williams with [ParentingADHDandAutism.com](https://parentingADHDandAutism.com). What makes this podcast so special is that Penny is also a mom of ADHD children, she has been in your position before, and she understands the road blocks. She helps other parents gain understanding of your child, how to help their behavior, reduce the family's stress, increase parenting confidence, and much more. This is a great podcast to start off your podcast journey with. Below are a few episodes we recommend.

- [“Innovative Ways to Improve Executive Functions with Randy Kulman, Ph.D.”](#)
- [“Why Kids with ADHD Lie & What We Can Do About It, with Norrine Russell, Ph.D.”](#)
- [“How To Manage Meltdowns, with The Behavior Revolution”](#)

2. “[ADHD Experts Podcast](#)” by ADDitude Magazine

This podcast by ADDitude Magazine discusses with ADHD experts solutions to questions from parents and adults with ADHD. The range of topics they cover is very wide, which is great because it covers many topics that different parents of children of all ages with ADHD might relate to. Below are a few examples of episodes we recommend for you to start with.

- [“Top IEP & 504 Plan Problems: A Troubleshooting Guide”](#)
- [“How Emotional Dysregulation & ADHD Complicate Teen Relationships”](#)
- [“Bonding Activities: Effective, Practical Relationship-Building Ideas for ADHD Families”](#)

3. [“Taking Control: The ADHD Podcast”](#) by Take Control ADHD

This podcast is by Nikki Kinzer and Pete Wright (with [Take Control ADHD](#)), an ADHD coach and an adult with ADHD. They provide support to those with ADHD and parents with ADHD, they describe life management strategies they have found work for both themselves and their clients, and provide any tips they can. A great episode to begin is their [“START HERE: Welcome to The ADHD Podcast”](#) where they describe the podcast and how you can get the most useful information from it. Below are a few other episodes we recommend.

- [“How PACT Goals Work for Your ADHD”](#)
- [“Navigating Your ADHD with An ADHD Coach”](#)
- [“Myths & ADHD Medication with Dr. William Dodson”](#)

4. [“All Things ADHD & ADHD 365”](#) by CHADD’s Podcasts

[CHADD Podcasts](#) (Children and Adults with Attention-Deficit Hyperactivity Disorder) provides a wide variety of ADHD related topics, including topics for parents, teens, and educators of children with ADHD. These episodes are rather short, so perfect for the car ride to work or even the grocery store. Listen to them yourself, or have your teen with ADHD listen to them with you. Below are a few recommended episodes.

- [“Is Your Teen with ADHD College-Ready?”](#)
- [“Supporting My Child with ADHD at School”](#)
- [“‘Does My Child Have ADHD?’ How to Talk with Your Child’s Doctor”](#)

5. ["More Attention, Less Deficit"](#) by Ari Tuckman

[Ari Tuckman](#) is a psychologist that has years of experience specializing in diagnosing and treating children with ADHD. He feels compelled to share his wealth of knowledge with the world and does so on his podcast. Ari is very knowledgeable and speaks wisely about his experiences and what he knows works best for individuals with ADHD. Below are some suggestions of episodes to listen to.

- ["Awareness, Honesty, and Willingness: The Three Keys to Success"](#)
- ["Complex Problems Require Sophisticated Thinking"](#)
- ["Improve Your Mental Stamina: The Chocolate Chip Cookie Experiment"](#)