

# 5 YouTube Videos on Understanding Your Child's ADHD



Parents looking for guidance when it comes to their children's ADHD may be overwhelmed by all of the information available on the internet, so where do you start? One place that might not be so obvious is YouTube. What's great about watching videos is how accessible they are and how simple they are to add into your daily routine. Finding time in your daily life as a parent to research can be difficult, but throwing a video on while you make dinner or get dressed for the day is so quick and easy. One thing that professionals make videos about for parents is ADHD. Videos on ADHD aimed towards parents of all ages are incredibly helpful. The range of videos on YouTube can range from professionals and experts sharing their research and knowledge, to parents sharing their experiences and what works for them, and to adults and even children with ADHD sharing their experiences and how they cope. Check out the videos recommended below!

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. Videos on ADHD are one of the more useful tools that we have

found. In our offices, we provide comprehensive neuropsychological evaluations of children, teens, and college students. But 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 these kids.

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- [“Failing at Normal: An ADHD Success Story”](#) by Jessica McCabe

This is a TedTalk by [Jessica McCabe](#), a Youtuber with ADHD. This video is very informational, as Jessica describes her lifelong journey and battle with ADHD and how it affects her life. While this talk is mainly aimed at individuals with ADHD, but Jessica does a great job at describing an example of the ADHD experience and what it is like for children. This can help parents to understand their child's experiences in order to help them.

- [“ADHD 101- Why Kids With ADHD Need Different Parenting Strategies”](#) by Seattle Children's

This video by the [Seattle Children's Hospital](#) YouTube channel does an excellent job at describing why “typical” or “usual” parenting strategies may not be as effective for children with ADHD. They also provide changes that parents of children with ADHD can make to change their children's behavior. This video identifies that parenting ADHD children can be confusing and discouraging, but understanding why strategies may not be working and what to change is extremely beneficial.

- [“Cultivating Compassion for the ADHD Child”](#) by Dr. Francine Conway

[Dr. Francine Conway](#) in this video describes her experience with parenting an ADHD child and how frustrating it can be.

This talk looks at ADHD in children through the lens of compassion and empathy, and how this lens can aid parents in helping their children and understanding where they are coming from. Dr. Conway does a great job at breaking down the thought process of children with ADHD to help parents understand.

- [“Parent Video: Treating Childhood ADHD”](#) by Effective Child Therapy

This video by [Effective Child Therapy](#) is an interview with [Dr. William Pelham](#). This is one of the more uniquely informative ADHD videos for parents, as it describes diagnostic criteria, what causes ADHD, and treatment options in detail. Dr. Pelham also discusses parenting roles in children’s ADHD experience, and treatment options that may not be helpful for all children with ADHD (however, they may work for some). Dr. Pelham is also involved in ADHD summer camps if that is something that interests you!

- [“What Parents Definitely Need To Know About Homework For ADHD Kids”](#) by ADHD Dude

In this video, Ryan Wexelblatt, aka [ADHD Dude](#), describes the experience of one of his students that has ADHD and how he was able to help the student to succeed throughout school. Ryan stresses what success means and predictors of success, and how putting a lot of pressure on children to finish their homework is not necessarily encouraging their success, especially children with ADHD. Then, Ryan describes accommodations and what success can look like in children with ADHD.