

4 Comforting and Helpful Facebook Groups for Parents with Children with ADHD

Parents use Facebook these days for a multitude of reasons, so why not also use it to learn more about your child's ADHD? When we think of Facebook we think of sharing our biggest moments with our friends and family, and maybe even watching



funny videos. However, there are lots of educational groups on Facebook, especially ones for parents about their children's ADHD. While there are some groups that have professionals sharing their research and experiences, the majority of groups are support groups for parents. These groups allow their members to share what works best for them and to also ask for advice. Joining these groups allows parents to have this information at their fingertips, on an application they use daily, so they do not have to be overwhelmed going out of their way to sift through all of the information on the internet. See our recommendations 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. Facebook Groups 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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- [“ADHD Moms with ADHD Kids-Support Group”](#)

This group is a support group for moms (or parents) raising children with ADHD to help each other, provide guidance to each other, and listen to each other. Parents often use this group as a place to ask for guidance from other parents, or to simply vent about the struggles of parenting a child with ADHD. There is a zero tolerance policy of judgment in this group which creates a safe environment, and it requires kindness in its rules to ensure a positive and encouraging space as well.

- [“Parents of Children With ADD/ADHD & Comorbidities”](#)

This is another group created by parents of children with ADHD that are seeking advice, friends, and a place to express their thoughts and feelings. Posts about studies are often accepted and it is a highly active group, members are always responding and starting conversations! If you have questions you want other parents to answer, this is a group for you. It is also one of the only groups that foster discussion about comorbid diagnoses, if this is something your child may be experiencing.

- [“Parenting ADHD Teens”](#)

This group describes itself as a loving community with lots of support for parents of teens with ADHD, and it certainly is! Parents in this group often talk about how parenting teens with ADHD is often not easy, but having other parents sharing the same experience with you at the same time is comforting. Common topics of discussion include moods, hormones, executive functions, and allowing teens independence.

- [“Inattentive ADHD support for parents”](#)

There are multiple different types of ADHD, and this group is specifically for ADHD inattentive type. This is helpful for parents because it is more specific to their child's diagnosis. Similar to the other groups mentioned above, this is a safe space for parents to ask questions, share what works for them and their child, and just to gain more information and insight into their child's experience. This group is also very active, with multiple new postings each day.