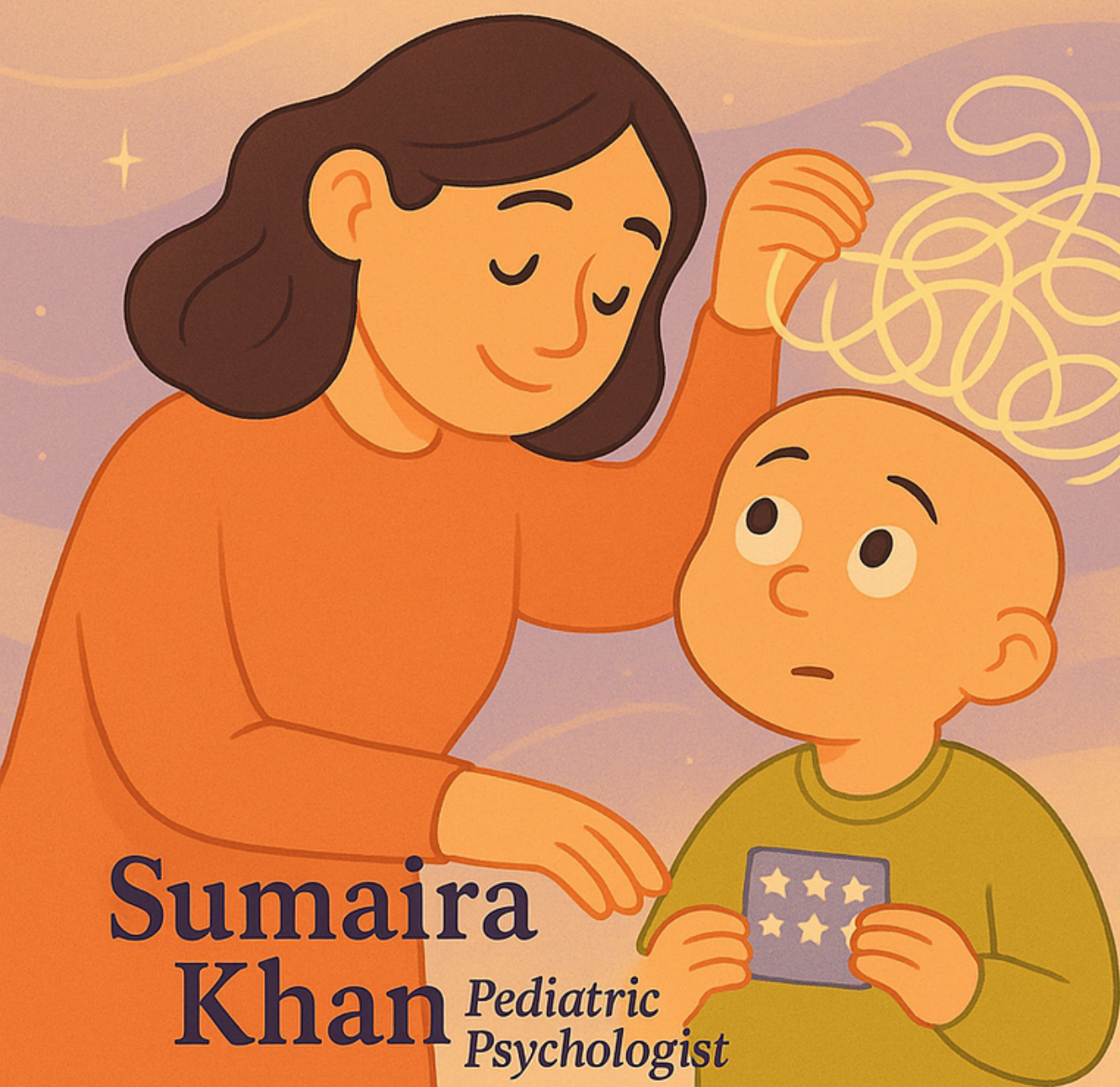


# Taming *the* Tangles

A Parent's Guide to  
Raising a Child *with* ADHD



**Sumaira  
Khan** *Pediatric  
Psychologist*



# ***Contents***

## **Part 1: Understanding ADHD**

**Chapter 1 – What Is ADHD, Really?**

**Chapter 2 – How ADHD Shows Up in Daily Life**

**Chapter 3 – Getting a Diagnosis**

## **Part 2: Support That Works**

**Chapter 4 – Working with Schools**

**Chapter 5 – Therapies and Treatment Options**

**Chapter 6 – Building Routines & Reducing Chaos**

## **Part 3: Parenting with Heart**

**Chapter 7 – Discipline without Damage**

**Chapter 8 – Your Child's Self-Esteem**

**Chapter 9 – Caring for Yourself as a Parent**

## **Part 4: Real Life Tools**

**Chapter 10 – Printable Tools**

**Chapter 11 – Frequently Asked Questions**

**Chapter 12 – Resources & Next Steps**

# ***About the Author***

© Copyright 2025 by Sumaira Khan - All rights reserved.

No part of this book may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—electronic, mechanical, photocopying, recording, or otherwise—without the prior written permission of the publisher.

This book is a work of nonfiction based on the author's personal experience and perspective.

# Part 1: Understanding ADHD



# WHAT IS ADHD, REALLY?



## ***Chapter 1 – What Is ADHD, Really?***

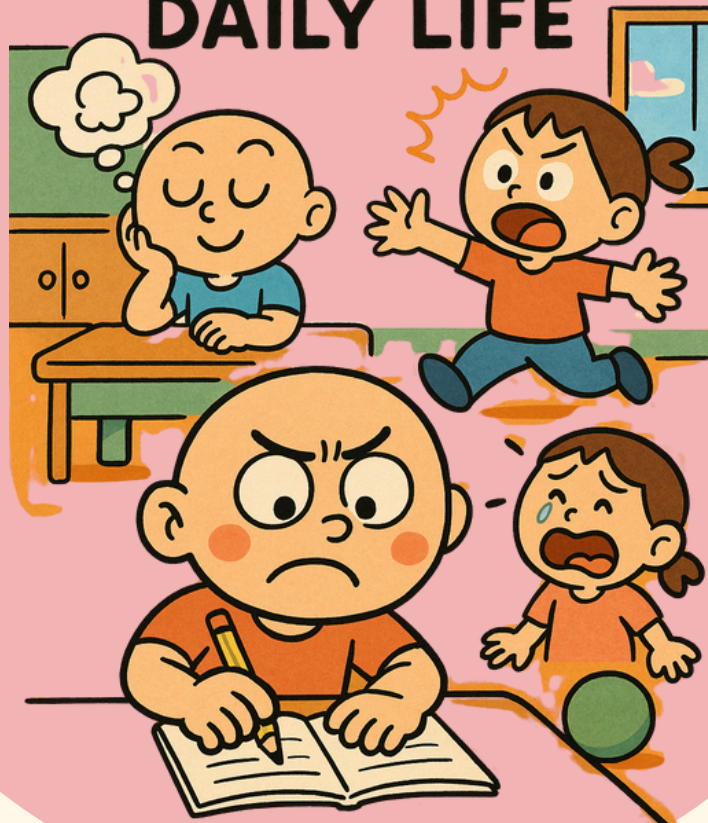
ADHD – Attention-Deficit/Hyperactivity Disorder – is a neurological condition that affects how the brain manages attention, activity, and control. It is not caused by bad parenting or screen time. ADHD presents in three main types: inattentive, hyperactive-impulsive, and combined.

## ***Chapter 2 – How ADHD Shows Up in Daily Life***

ADHD can show up in many ways: daydreaming, impulsiveness, emotional swings, or difficulty completing tasks. It affects home life, school, friendships, and even self-esteem. Recognizing how ADHD appears helps us respond with compassion rather than confusion.



### **HOW ADHD SHOWS UP IN DAILY LIFE**





## ***Chapter 3 – Getting a Diagnosis***

Diagnosis usually includes parent interviews, teacher reports, and observations from psychologists or pediatricians. Early identification helps children access support and feel understood, not punished for differences.



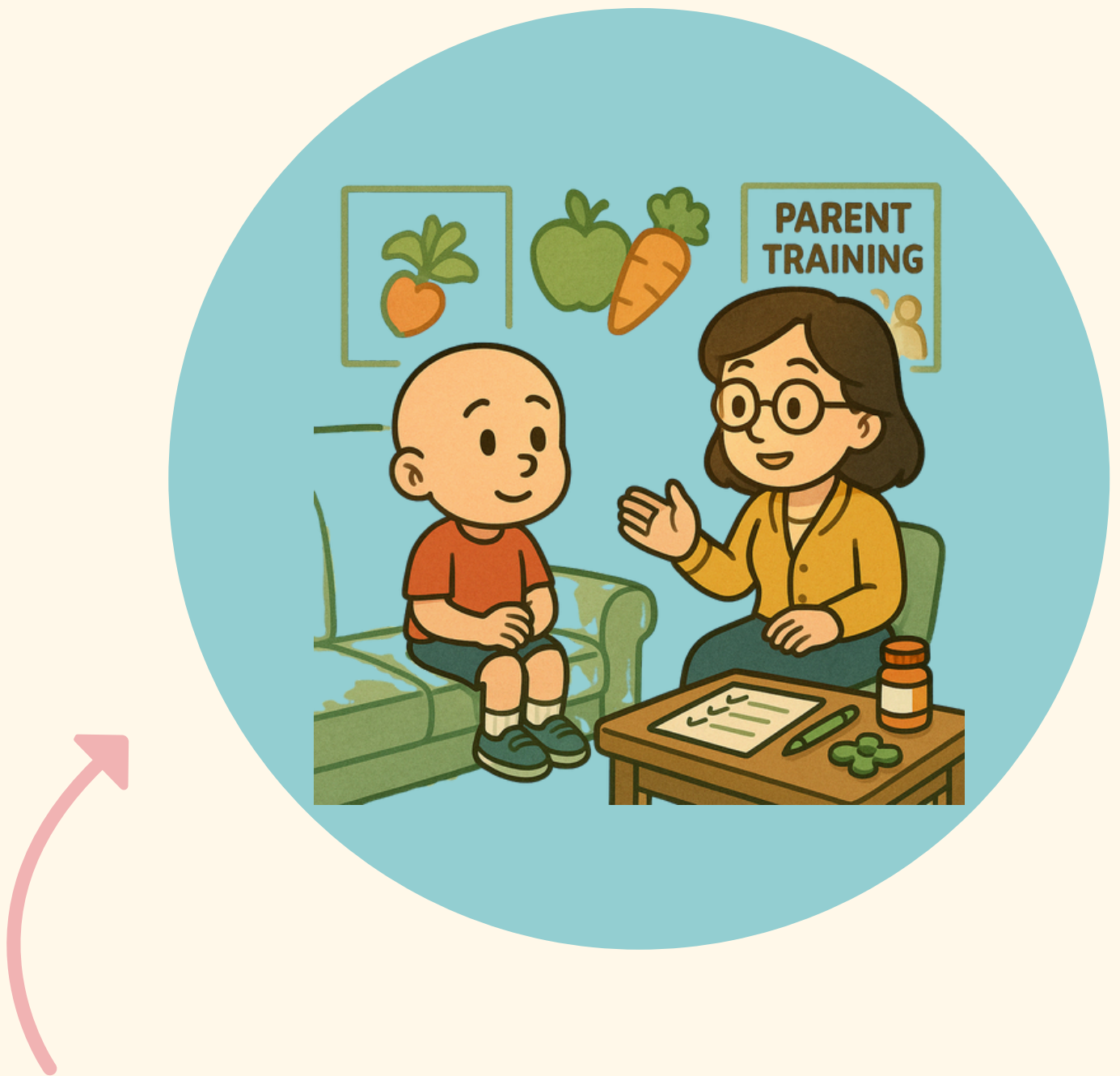
## Part 2: Support That Works

## ***Chapter 4 – Working with Schools***

Learn to navigate IEPs, 504 plans, and how to advocate for your child's needs in the classroom.

Communication with educators is key to building a consistent support system.





## ***Chapter 5 – Therapies and Treatment Options***

ADHD treatment may include behavioral therapy, parent training, medication, and holistic supports like diet, exercise, and routine. No single solution fits all children.



## ***Chapter 6 – Building Routines and Reducing Chaos***

Structure helps kids with ADHD thrive. Visual schedules, clear expectations, and calm routines reduce overwhelm and build success into every day.



## Part 3: Parenting with Heart



## ***Chapter 7 – Discipline without Damage***

Traditional punishments often fail with ADHD. Focus on connection, logical consequences, and emotional regulation instead of power struggles.



## ***Chapter 8 – Your Child's Self-Esteem***

Structure helps kids with ADHD thrive. Visual schedules, clear expectations, and calm routines reduce overwhelm and build success into every day.





## ***Chapter 9 – Caring for Yourself as a Parent***

You can't pour from an empty cup. This chapter shares ways to prevent burnout, ask for help, and build your own emotional toolkit while raising a neurodivergent child.

## ***Chapter 9 – Caring for Yourself as a Parent***

1. Embrace Your Limits Without Guilt
2. Ask for Help Before You Break
3. Build a Micro-Ritual That's Just Yours
4. Set Boundaries That Protect Your Peace
5. Nurture Your Emotional Toolkit
6. Celebrate Your Effort, Not Just Outcomes



## Part 4: Real Life Tools

## ***Chapter 10 – Printable Tools***

Includes charts, checklists, visual schedules, and reward trackers you can print and use at home.



# ***Chapter 11 – Frequently Asked Questions***

## **1. Will my child eventually outgrow ADHD?**

ADHD isn't something kids just "outgrow," but many learn to manage their symptoms with the right support. While hyperactivity might ease with age, challenges with attention and organization often continue into adulthood without intervention.

## **2. What if my child's school isn't offering enough help?**

You have the right to advocate for your child. Request a meeting to discuss IEP or 504 accommodations. If that doesn't help, consider bringing in an educational advocate or exploring alternate school environments more suited to your child's needs.

## **3. Can ADHD exist alongside anxiety or autism?**

Yes – many children with ADHD also experience co-occurring conditions like anxiety, autism, or learning disabilities. A full evaluation by a specialist can help build a support plan that addresses the whole child, not just the ADHD symptoms.

## ***Chapter 11 – Frequently Asked Questions***

### **4. Does ADHD mean my child isn't smart?**

Absolutely not. ADHD has nothing to do with intelligence. In fact, many children with ADHD are highly creative, curious, and capable – they just learn and process the world differently than others.

### **5. Should I consider medication for my child?**

Medication can be helpful for some kids, but it's not the only option. Work with a trusted pediatrician or psychiatrist to explore what's right for your child. A well-rounded plan might include therapy, routines, school support, and lifestyle changes too.

### **6. How do I discipline my child without making things worse?**

Avoid harsh punishments – they often backfire with ADHD. Instead, focus on natural consequences, emotional coaching, and consistent routines. Connection before correction works wonders.



## ***Chapter 11 – Frequently Asked Questions***

### **7. How can I help boost my child's confidence?**

Celebrate effort more than outcomes. Give your child meaningful responsibilities, praise their unique strengths, and surround them with adults who see their potential – not just their challenges.

### **8. Is ADHD caused by too much screen time or bad parenting?**

No – ADHD is a neurodevelopmental condition with biological and genetic roots. While screens and environment may influence behavior, they don't cause ADHD.

### **9. What if other parents or teachers don't understand my child?**

You may have to become your child's voice. Educate others with patience, share resources, and build a community of understanding around your family. You're not alone in this.

# **Taming the Tangles – ADHD** Printable Worksheets

By Sumaira Khan, Pediatric  
Psychologist

# ***Worksheet 1: Daily Routine Chart***

Use this chart to plan and visualize your child's day. Add checkboxes or stickers as they complete each task.

## **Morning Routine:**

- ☐ Wake up
- ☐ Brush teeth
- ☐ Get dressed
- ☐ Eat breakfast
- ☐ Pack bag
- ☐ Leave for school







## **After-School Routine:**

- ☐ Snack
- ☐ Homework time
- ☐ Screen time
- ☐ Chores
- ☐ Free play
- ☐ Dinner
- ☐ Bedtime routine

# ***Worksheet 2: Emotion Regulation Tracker***

This tracker helps children name and understand their emotions. Use it daily or during meltdowns to help them reflect and feel seen.

## **How I Felt Today:**

 Happy  Sad  Angry   
Anxious  Tired  Frustrated

## **What made me feel this way?**

\_\_\_\_\_

## **What helped me feel better?**

\_\_\_\_\_

## **Next time I can try:**

\_\_\_\_\_



# Worksheet 3: Weekly Reward Tracker

Track small wins and motivate positive behavior with simple daily goals and rewards.

Goal for the Week: \_\_\_\_\_

Day	Did I meet my goal?		Notes
<b>Mon</b>	<b>Yes</b>	<b>No</b>	
<b>Tue</b>	<b>Yes</b>	<b>No</b>	
<b>Wed</b>	<b>Yes</b>	<b>No</b>	
<b>Thu</b>	<b>Yes</b>	<b>No</b>	
<b>Fri</b>	<b>Yes</b>	<b>No</b>	
<b>Sat</b>	<b>Yes</b>	<b>No</b>	
<b>Sun</b>	<b>Yes</b>	<b>No</b>	

If I meet my goal, I will earn:

\_\_\_\_\_

No part of this book may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—electronic, mechanical, photocopying, recording, or otherwise—without the prior written permission of the publisher.

This book is a work of nonfiction based on the author's personal experience and perspective.

**© Copyright 2025 by Sumaira Khan - All rights reserved.**

# Taming *the* Tangles

A practical and heartfelt guide to navigating ADHD with understanding, patience, and connection – so your child's strengths can shine.