



## Reframing ADD

Raising a child with ADD is hard. At times it can be down right difficult, frustrating and arduous. BUT there are some amazing aspects of a child (or an adult) with ADD/ADHD; you just have to look at it in a different way. Having “disorder” in its name automatically gives it a negative connotation, but with a little reframing, we can look at things differently, and see ADHD for the gift that it is.

### **Disorder / Gift**

When we look at things a bit differently, we can see ADHD for the gift that it is.

### **Distractibility / Curiosity**

Many, many inventors shared the trait of curiosity. If Alexander Graham Bell, Madame Curie, Steve Jobs or any of the other thousands of inventors were not curious, our life would be very, very different.

### **Impulsivity / Creativity**

Creativity is a trait shared by many people both in the art world and in many other areas.

### **Hyperactivity / Energy**

How many of us would love to have the energy that a child who has ADHD has.

### **Intrusiveness / Eagerness**

I know it gets hard when your child keeps interrupting you, but can't you just see the eagerness in their eyes. Can you see how excited they are?

### **Inconsistency - Shows flashes of greatness**

Yes, many children who have ADD are inconsistent but that means that most likely at least half of the time they are doing great things.

### **Disorganization - Spontaneity**

What a dull world we would live in if no one was spontaneous.

### **Stubbornness - Tenacity**

Another trait shared by inventors. Thomas Edison failed over 1000 times before he perfected the light bulb. Pro athletes, many of whom, by the way have ADD, needed to practice and practice and practice to get to where they are today. That takes tenacity.

### **Forgetfulness - Totally involved with what they are doing**

Maybe your child forgets to take out the garbage or forgets to bring his homework to school. Maybe it is because they were so involved in a project that their mind just could not handle anything else. Maybe they were actually “focusing” on something so intently that the time just flew by. Isn't focusing something that we tell children with ADD to do all of the time?