

Grown Up Guide

This booklet is designed to help children picture ADHD not as a label, but as a buddy who lives alongside them. It encourages kids to imagine how they and their 'Buddy' share everyday life, with its quirks, strengths and challenges.

As a parent, carer or teacher, you can use it as:

A conversation starter - opening gentle discussions about what ADHD means to your child.

A reflection tool - helping them describe how their 'Buddy' shows up in daily life.

A bridge for others - supporting classmates, siblings or friends to better understand.

The booklet is deliberately simple, visual and flexible.

Some children may enjoy colouring or doodling in it, while others may prefer just talking through the pages.

There's no right or wrong way to use it.

Above all, it's about giving children permission to see ADHD as part of who they are, without judgment, and to explore ways to live confidently side by side with their buddy.

Meet ADHD

ADHD is like a buddy who came to live with me.

Sometimes this buddy gets super excited.

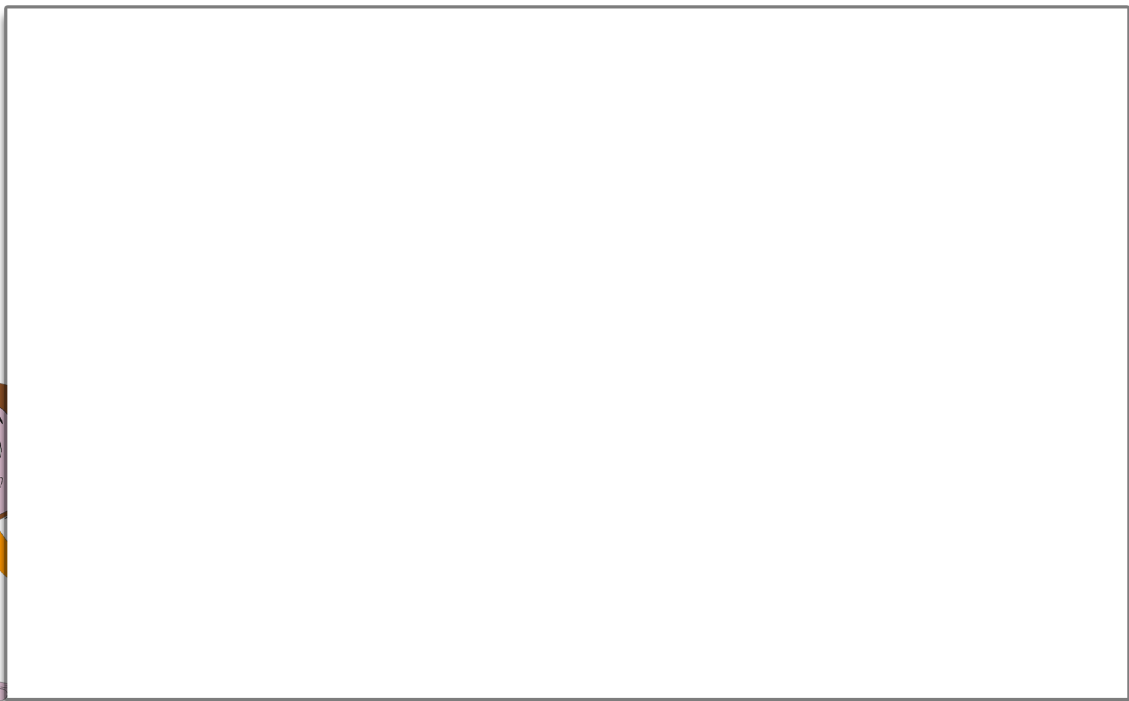
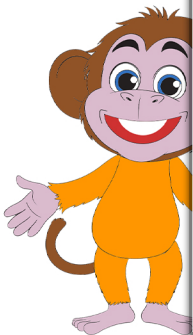
Sometimes they get distracted.

Sometimes they make things tricky...

...and sometimes they make life really interesting.



Your Turn: Draw you and your buddy ADHD as a team!
(Or get your grown-up to help you.)



Your buddy could look like anything!

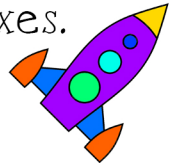
A bowl of jelly with googly eyes and whippy cream for hair,
a space monkey dressed in orange, or something only you can imagine.



The Fun Stuff

My buddy ADHD is always full of ideas.

Like building a rocket from half empty cereal boxes.
Or turning the sofa into a super fast race car.



They also bring bursts of energy, and help me
find fun in things and places other people don't see.



Your Turn: Draw or stick a photo of something you find fun.
(Or get your grown-up to help you.)



What do you find super fun?



Is it jumping up and down or running really fast?
Could it be building tents, or making bubble volcanos in the bath?

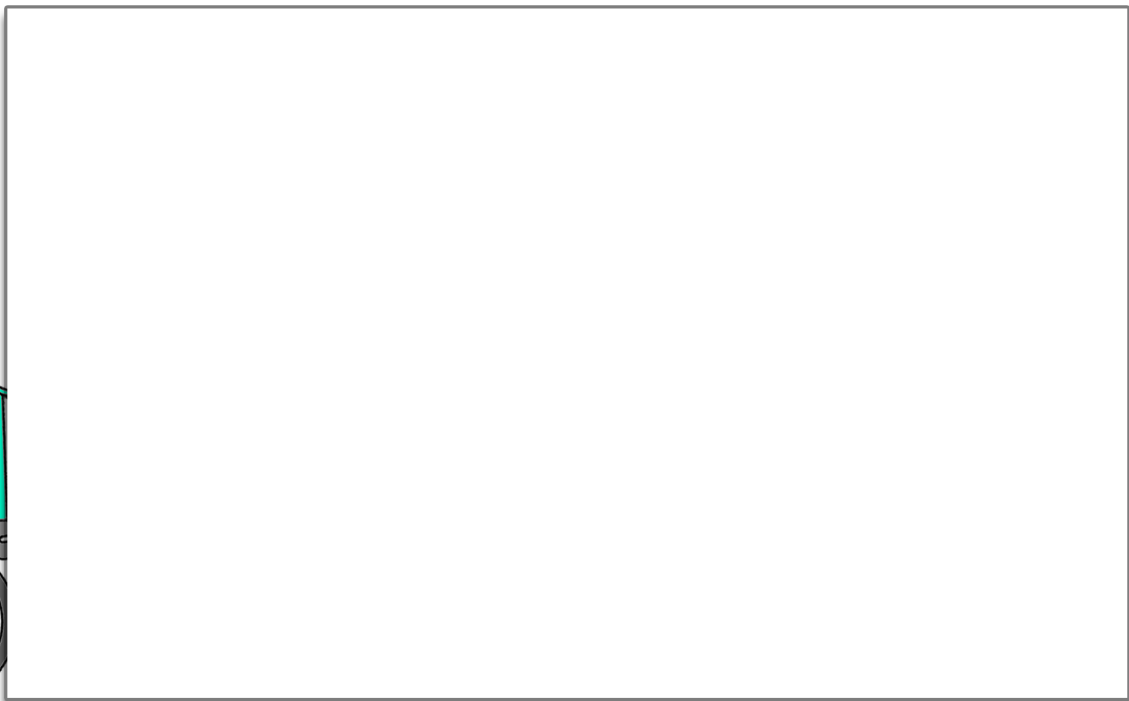
The Tricky Stuff

Sometimes my buddy ADHD can feel uncomfortable.
They might get grumpy when things take too long.
Or upset when there's just too much going on.

Sometimes they make me feel jumpy inside, like popcorn popping.
Or frustrated, like a pea being chased around the plate.
But having a buddy means we can learn ways to help each other.



Your Turn: Draw something that can help you feel happy again.
(Or get your grown-up to help you.)



What makes you get rid of the grumpies?
Is it your favourite snack, or drink to make your tummy happy?
Or maybe a run around the park, or a ride on your bike?



My Power Ups

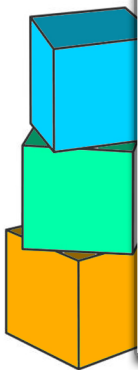
My buddy ADHD also gives me power ups.

Like coming up with fun ideas in a flash. 
Or making my friends laugh when they least expect it.

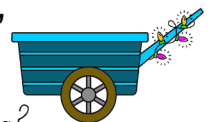
Or having bursts of energy that help me get things done quickly,
which can be really helpful!



Your Turn: Draw or paint yourself with your power ups!
(Or get your grown-up to help you.)



 If you needed to carry your power ups around,
what would you put them in? Would it be a cool
bag, or a box? Or maybe a wheelbarrow with lights?



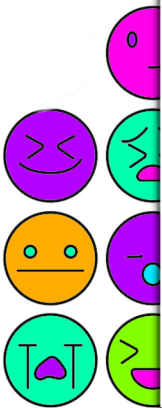
My Back-Up Crew

I don't have to do everything alone.
My family, teachers, and friends are my back-up crew.
They are there for me when my buddy gets too much.

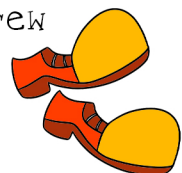
Sometimes my crew helps me calm the big feelings down.
Sometimes they help me laugh when I need it most.
And sometimes they sit with me while I figure things out.



Your Turn: Add photos or drawings of your back-up crew!
(Or get your grown-up to help you.)



Pick 1 or 2 people from your back-up crew
and add their name next to their picture,
Add googly eyes, or giant shoes for fun!



Me and My Buddy

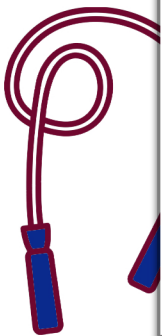
My buddy ADHD comes with me wherever I go.

Sometimes they make life a little wild. 
Sometimes they make it full of laughter and ideas.

But together we find our own rhythm.
And that makes our story one of a kind.



Your Turn: Draw you and your buddy hanging out together!
(Or get your grown-up to help you.)



What do you and your buddy love doing together?

Is it jumping or running? Or maybe rolling down
a hill? Or maybe dancing to your favourite music?

