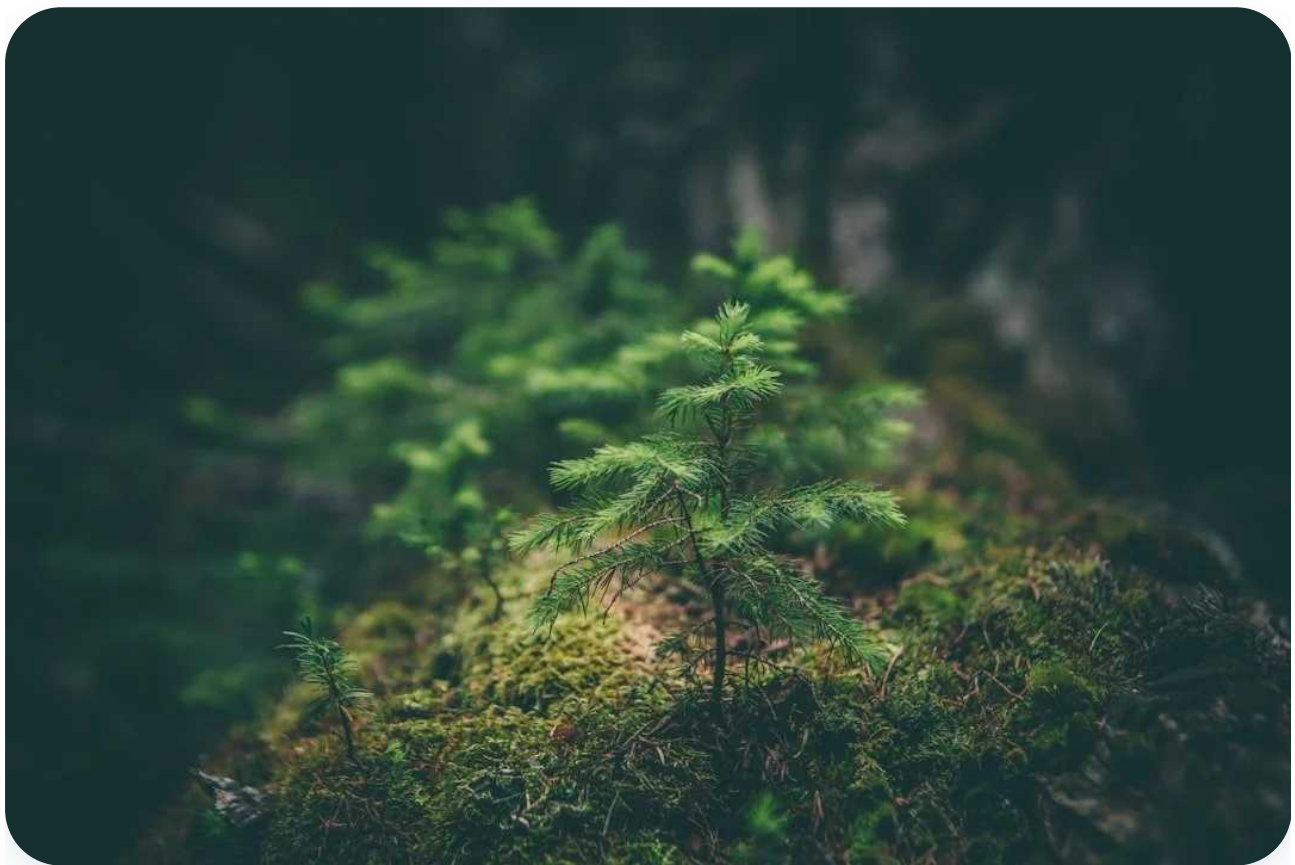


THE CHILD ADHD ASSESSMENT GUIDE

Chapter 10

Supporting your child after diagnosis

4 min read · Last reviewed by Tina Fox, 30 May 2026



A diagnosis answers a question your family may have carried for a long time. What it does not do is hand you a finished plan. This final chapter is about supporting your child after diagnosis: making sense of it together, being gentle with yourselves, and taking the next steps at a pace that suits you.

Making sense of it together

In the days after a diagnosis, many parents feel a mix of things. Relief is common, and so is a little guilt for the times you were cross when your child was struggling, not misbehaving. Both are normal. You were doing your best with a child whose mind no one had yet explained to you, and now you have more to work with. How you talk to your child about it matters. Keep it warm and matter-of-fact. ADHD explains why some things are harder, it does not mean anything is wrong with them, and it changes nothing about how much they are loved. Let them ask questions, and answer honestly at their level.

Be kind to yourself too

If you find yourself looking back at hard years, lost tempers or missed signs and feeling guilty, that is understandable. Try to remember that you were responding to behaviour no one had helped you understand. The diagnosis is not a verdict on your parenting. It is a kinder, clearer way of reading what was always going on.

At home and at school

The everyday things tend to help most, and they rarely need to be elaborate.

- **Keep routines simple and predictable.** Clear, calm structure takes pressure off a child who finds organisation hard.
- **Praise effort, not just outcomes.** Children with ADHD often hear far more correction than encouragement; tipping that balance matters.
- **Work with the school.** Share the report with the SENCO, and keep the conversation going so support can flex as your child grows.
- **Protect sleep and downtime.** Tiredness makes everything harder. A steady wind-down helps the whole household.

The chapter on [treatment and support](#) sets out the wider options, from behavioural strategies to medication, and you take up only what fits your child.



Looking ahead

What changes with a diagnosis is not who your child is, but how everyone reads them. The strengths that make them who they are, the curiosity, the energy, the way they throw themselves into what they love, are still theirs. The difficulties become things to work with rather than to be told off for.

As they grow, your child will gradually take on more of this understanding themselves. Helping them see ADHD as part of how they are built, not a flaw to hide, gives them something many adults only found late: the ability to ask for what they need without shame. If you are also wondering about yourself, ADHD often runs in families, and the [companion guide for adults](#) covers the same ground. You are always welcome to [get in touch](#).

A PERSONAL NOTE

No one explained my mind to me as a child, and I spent years believing the harshest things I told myself. A child who grows up understanding how they work, and knowing they are not the difficult one, starts from a kinder place than I did. By reading this, you are giving them that head start.

Paul Fox, Co-founder of NeuroFX and ADHD UK Ambassador

They move forward as themselves

Supporting a child with ADHD is not about changing who they are. It is about helping them work with the mind they have, rather than against it, and making sure the right help reaches them when they need it. You reached the end of this guide, which tells you something about your care for your child. We hope it has been a steady companion, and we wish you and your child well for everything that comes next.

Key takeaways

- After a diagnosis, mixed feelings are normal for parents; be as kind to yourself as you are to your child.
- Talk to your child warmly and plainly: ADHD explains why some things are harder, it does not mean anything is wrong with them.
- Simple routines, praising effort, working with the school, and protecting sleep help most day to day.
- Supporting a child with ADHD means helping them work with their mind, not against it, and asking for help when they need it.

Common questions

How do I explain the diagnosis to my child?

Keep it warm and matter-of-fact. Explain that ADHD is why some things feel harder, that nothing is wrong with them, and that it changes nothing about how much they are loved. Let them ask questions and answer at their level.

Is it normal to feel guilty after my child's diagnosis?

Yes. Many parents feel guilt about times they were cross when their child was struggling. You were responding to behaviour no one had helped you understand. The diagnosis is a kinder way of reading it, not a verdict on your parenting.

What helps most day to day?

Simple, predictable routines, praising effort rather than only outcomes, working closely with the school, and protecting sleep and downtime. Small, steady changes tend to last longer than ambitious overhauls.

Could I have ADHD too?

It is possible, as ADHD often runs in families. Many parents recognise themselves while reading about their child. Our companion guide for adults covers the same ground, and you are welcome to get in touch.

Written and reviewed by

Tina Fox

Specialist Neurodevelopmental
Practitioner and Independent Prescriber
Clinical author and reviewer

[NMC registered](#)

Paul Fox

Co-founder of NeuroFX and ADHD UK
Ambassador
Lived-experience author

This guide is general information, not a substitute for individual clinical advice, and it cannot diagnose ADHD or any other condition. If you are concerned about yourself or your child,

please speak to your GP or arrange a professional assessment. NeuroFX is a CQC-registered clinic and our guidance follows NICE guideline NG87.