

Podcasts: Raising Children with ADHD

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★ Recommended Shows

[ADHD Aha!](#)

[CHADD's All Things ADHD](#)

[ADDitude Magazine's ADHD Experts](#)

[ADHD Crash Course](#)

[Parenting with Impact](#)

[The Neurodiversity Podcast](#)

★ Episodes that Stand Out

[From Battles to Bonding: A Parent's Guide to Trading Defiance for Cooperation](#)

ADHD Experts Podcast (ADDitude Magazine)

Psychologist Dr. Jeffrey Bernstein explores how parents can transform defiance into connection through both empathy and practical strategies. Sharing personal insights and professional expertise, he reframes defiant behavior as a sign of unmet needs rather than deliberate disobedience. He also emphasizes staying calm, firm, and supportive while teaching emotional regulation and celebrating small wins.

[The Explosive Child: Collaborative and Proactive Solutions for Parents](#)

ADHD Experts Podcast (ADDitude Magazine)

Dr. Ross Greene introduces the Collaborative and Proactive Solutions (CPS) model, which focuses on addressing the root causes of challenging behaviors (unmet needs or lagging skills) rather than using rewards or punishments. Key takeaways include being proactive, approaching behaviors with empathy, and helping children develop flexibility, frustration management, and problem-solving skills.

[ADHD Diagnosis & Treatment: From Skepticism to Evidence-Based Innovation](#)

Parenting with Impact

Phil Anderton – leader of Europe's largest ADHD clinic – is revolutionizing ADHD care by promoting a clear, systematic, and empathetic approach to diagnosis and treatment. He emphasizes the importance of understanding ADHD as a neurodiverse condition, addresses

skepticism, and uses a multi-modal, evidence-based approach to improve his clients' quality of life.

[Navigating Big Emotions with ADHD \(Ours & Theirs!\)](#)

Parenting with Impact

Clinical psychologist Dr. Marcy Caldwell explores the emotional world of individuals with ADHD. She explains that those with ADHD tend to feel emotions more intensely, dwell longer on negative experiences, and often receive far more negative than positive feedback – all of which can amplify emotional challenges. This conversation offers a powerful blend of brain science and practical strategies for parents supporting both their and their child's emotion regulation.

[Shame Resilience: A Key Component in ADHD Wellness](#)

Parenting with Impact

This episode explores how understanding ADHD, addressing shame, and focusing on strengths can transform family dynamics. Listeners learn how celebrating small wins and addressing shame early helps support a child's confidence and resilience. The hosts also share their perspectives on the value of a multimodal approach – including medication, coaching, mindfulness, and compassionate and connection-based parent strategies.

[Why Smart Kids Struggle in School—and What Executive Function Has to Do With It](#)

Parenting with Impact

Elaine and Diane unpack why bright, capable kids can still struggle in school – not due to a lack of intelligence, but because of executive function challenges like emotional regulation, task initiation, focus, and working memory. They explain how behaviors often mistaken for laziness or defiance are actually signs of lagging skills. Parents are encouraged to shift their focus from outcomes to process – meeting kids where they are, identifying the root causes of their challenges, and supporting skill-building over time.

[Section 504 and IEPs: Setting Your Child with ADHD Up For School Success](#)

CHADD's All Things ADHD

Clinical psychologist Dr. Jeffrey Katz offers expert insight on how to support students with ADHD in school, explaining that symptoms like impulsivity, inattention, and hyperactivity create ongoing challenges that uniquely impact learning and social interactions. He emphasizes the importance of a tailored support plan that evolves with the child's needs, with parents and teachers working together while also fostering a child's self-advocacy skills.

[How to Organize a Messy Home: Strategies for Clutter and Stress in ADHD Families](#)

ADHD Experts Podcast (ADDitude Magazine)

A professional organizer explores the challenges – and opportunities – of managing clutter in households of individuals with ADHD. With deep empathy and expertise, McCubbin offers actionable and effective strategies to create a more harmonious and functional home environment. Her compassionate approach guides people to figure out what to keep, what to let go of, and how to build systems that truly support their unique needs.

[How to Get Better at Task Initiation](#)

ADHD Crash Course

This host explores why task initiation can feel overwhelming for individuals with ADHD, highlighting how time misjudgment, perfectionism, and distraction play a role. She emphasizes the power of self-compassion and tailored strategies – encouraging listeners to ‘simply begin,’ rather than complete, a task. Tips include adding fun or urgency (like using a timer or an accountability buddy) and adjusting your environment to support focus, such as through light or music.

[Girls and ADHD](#)

The Neurodiversity Podcast

Dr. Stephen Hinshaw dives into how ADHD often looks different in girls – highlighting how symptoms like inattentiveness, emotional sensitivity, and internalized frustration can go unrecognized. He also discusses practical guidance for supporting girls through diagnosis, accommodations, and treatment. He clarifies the misconceptions that have led to underdiagnosis in girls, emphasizing the importance of coordinated care among families and schools, and illustrates evidence-based strategies to help these individuals not only manage their symptoms, but also build confidence in their strengths.

[The Double Empathy Problem in the Classroom](#)

The Neurodiversity Podcast

Hosts Emily and Amanda explore The Double Empathy Problem – the idea that communication challenges between neurodivergent and neurotypical individuals are mutual, not one-sided. They reframe perceived defiance as attempts to self-regulate or cope with change – encouraging parents and educators to slow down, ask questions, and approach kids with curiosity. The episode emphasizes honoring diverse communication styles and emotional needs rather than defaulting to correction.

[An ADHD Coach on Being a Defiant Teen, ADHD Overwhelm, and Self-Care](#)

ADHD Aha!

An ADHD coach shares her inspiring journey from being an undiagnosed, defiant teenager to a thriving adult who helps others navigate ADHD. Diagnosed during the pandemic, this guest reflects on her struggles with overwhelm, emotional dysregulation, and self-esteem, compounded by a lack of understanding about her condition. She recounts her transformation, driven by embracing fitness, self-care, and curiosity over shame, which helped her build healthier habits and greater emotional resilience.

[The Truth About Anxiety & ADHD: Life-Changing Tools From a Renowned Psychiatrist](#)

The Mel Robbins Podcast

In this insightful conversation, psychiatrist Dr. Tracey Marks joins Mel Robbins to unpack the deeply interconnected relationship between anxiety and ADHD, offering science-backed tools and personal stories that help reframe how we understand and manage anxiety. Dr. Marks explains that anxiety isn't just mental, rather a full-body experience that often includes racing thoughts, physical tension, and overwhelming fear responses. A key takeaway is that we can't always stop anxiety from being triggered, but we can learn to respond differently.