

Patterns/challenges I'd like to work on

With so many options, it's easy to feel like you need to do everything at once to give your child the best chance. But trying to juggle too many interventions can overwhelm both you and your child.

Use your Parenting Hierarchy of Needs (below) as a compass. Start with strong foundations: emotional safety, routines and connection. Ask yourself: What's the biggest current challenge in daily life? That's your starting point.

- Focus on one or two priorities, not everything at once.
- Start with what matters most right now, not what's easiest to access.
- Get referrals from neurodivergent-informed professionals or communities.
- Keep a shared goal sheet to track what each provider is working on.
- Reassess every six to 12 months as needs evolve.
- Small, intentional steps lead to lasting progress.

Once these basic needs are being met, start with one or two priority challenges at a time to avoid more overwhelm. Don't make the mistake of trying to do it all at once. Don't be impatient. Take your time to put one foot firmly in front of the other and try to nail each step before taking the next

It's easy to forget what happened last week, last month or last year, so a great idea is to track your progress. Instead of looking for big milestones or noticeable symptom reduction, try tracking the smaller breakthroughs to see how far you've come. You may say, 'My child is still having meltdowns; nothing's changed' but how many meltdowns, how severe are they, how long do they last — has this changed over time? It's sometimes only when we look back with clear insight, we see the progress being made. This could look like:

- how quickly your child recovers from hard moments
- whether they're more open to repair after conflict
- how long it takes you to recover emotionally
- how your mindset has shifted since you started this journey.

Consider what challenges or patterns you'd like to improve.

Tick them off on the Patterns/Challenges Checklist below. You can add any issues that are not included here in the blank spaces below.

In the second column, write how many times per week these issues occur

In the third column, give a rating out of 5 to indicate the severity of the issue (in general/on average)

1 = a manageable problem that is generally easy to resolve

5 = an occurrence that causes significant emotional distress for the young person and the family

Then use choose your top 1-3 Patterns/Challenges to work on and track them using the sheets below.



Patterns/challenges checklist

Emotional			Behavioral			School			Social			Physical		
☐ Meltdowns			☐ ODD			☐ Forgets homework			☐ Bad sport			☐ Headache/migraine		
☐ Irritable mood			☐ Argumentative			☐ Easily distracted			☐ Blames others			☐ Stomach aches		
☐ Depressed mood			☐ Yells/Screams			☐ Disruptive in class			☐ Lacks empathy			☐ Body aches		
☐ Nightmares			☐ Aggression			☐ Trouble learning			☐ Can't read or poor eye contact			☐ Back/Neck pain		
☐ Anxiety			☐ Defensiveness			☐ Poor focus			☐ Avoids face to face			☐ Low energy		
☐ Withdrawn			☐ Hyperactive			☐ Fights			☐ No/few friends			☐ Out of shape		
☐ Not enjoying social activities			☐ Lack of focus			☐ Reading struggles			☐ Immaturity			☐ Overweight		
☐ Easily frustrated			☐ Impulsive			☐ Procrastination			☐			☐ Craves sweets		
☐ Compulsiveness			☐ Refuses chores			☐ Underachievement			☐			☐ Tics		
☐ Obsessiveness			☐ Stays in room			☐			☐			☐ Stuttering		
☐ Isolated			☐ Can't get ready			☐			☐			☐ Sleep issues		
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Patterns/challenges checklist

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Challenge 1

Frequency	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
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Duration	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
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Challenge 2

Frequency	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
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Duration	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
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Challenge 3

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Intensity	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
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Duration	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
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ADHD Parenting Hierarchy of Needs

