

Making ADHD Kids Winners

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(Washington, D.C.) January 31, 2006 - Parents of children with ADHD, or Attention Deficit Disorder, are no different than other parents—they want their kids to be winners in life. Like all children, kids with ADHD face many unique challenges in life.

So what lessons can ADHD families learn from elite athletes preparing to battle for the Super Bowl Championship?

According to Kirk Martin, Founder of educational organization Celebrate! ADHD, “Children with ADHD possess many superior traits necessary for extraordinary achievements in the arts, sciences and business.” Martin provides parents with three tips to help their children become champions.

Play to Your Strengths.

What does every great Super Bowl team have in common? Successful coaches spend most of their time designing a game plan that utilizes their players' strengths. Parents can build winning kids by cultivating their child's natural gifts, talents and passions.

Sometimes parents of ADHD children fall into the trap of trying to fix all of their child's weaknesses instead of celebrating their talents. The result is frustration and shattered confidence. Don't try to make your children be like someone else. Help them be who they were born to be.

Cultivate A Winning Attitude.

Super Bowl Champions have the confidence and belief deep inside that they can be successful. Coaches are constantly telling them that they can win.

Children with ADHD are often surrounded with negativity and begin to expect failure.

Put your children in situations where they will succeed. Surround them with positive encouragement at home and school. Celebrate small victories and build momentum. Soon your child will believe in himself and think like a champion.

Create the Vision to Achieve A Larger Goal.

Hall-of-Fame quarterback Terry Bradshaw, who has ADHD and won three Super Bowl rings, attributes his success to his ability to hyper-focus on large goals.

Kids with ADHD like to understand the “WHY” before they do the “WHAT.” They thrive when they have a large goal or project to work toward.

So remind your child of his larger goals in life—that he has a bright future ahead of him, and that with persistence and effort, he can overcome obstacles. Focus on purposeful activities—like getting a job, completing a special project or learning a new skill that will help your child achieve his dreams.

Martin insists, “As parents, we have the unique opportunity to cultivate our kids' amazing gifts and show them how to use their talents to create a special destiny. It works on the football field, at home and in the classroom.”

For more free tips to improve your child's confidence, social skills and school performance, simply request the Celebrate! ADHD newsletter by visiting www.celebrateADHD.com or emailing Founder Kirk Martin at ADHDcamp@aol.com

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Celebrate! ADHD Founder Kirk Martin is a nationally recognized expert on helping families with ADHD find positive, practical solutions to everyday problems at home and in school.

[You can find this press release here](#)