

New Forums Give ADHD Parents a Place to Share

Date: 04.04.2008 - 12:28

Category: [Science & Education](#)

Press release from: [That's My Son! Raising the ADHD Boy](#)

Raising an ADHD son is a challenge, and at times a very lonely one. Parents of ADHD boys now have a place to find support and understanding from other parents, thanks to a new community from That's My Son! Raising the ADHD Boy. The community, located at www.raising-the-adhd-boy.com/forum, is dedicated to parents of ADHD sons and offers a warm and encouraging environment to discuss the everyday frustrations, puzzles and joys of being the parent of a special son.

That's My Son!, founded by ADHD parent Angie Dixon, is a new site with the aim of helping parents see the exceptional in their ADHD sons and deal with their unique situations in a positive way.

"I love my son," Dixon says, "but I know he's a little different from other boys. A lot different, actually, but in good ways. It's so difficult sometimes to remember the good about our situation. We have ADHD and it means we see the world in a truly unique way."

That unique way of looking at the world is what Dixon wants other parents to experience in the That's My Son! forums, which opened officially on December 18.

"We're brand new," Dixon points out, "But that just means there's an opportunity for people to come in and shape the discussions and really express what they want these forums to be for them and their sons."

Some topics Dixon hopes to discuss on the forum include ways of reducing "crankiness" before medication time in the morning and after medication wears off in the evening, ways to deal with the "blues" that ADHD boys sometimes get over their grades and social problems, and ways ADHD parents can support and care for themselves while dealing with the challenges of raising an ADHD son.

The That's My Son! Forums are located at www.raising-the-adhd-boy.com/forums. Dixon notes that a free report, "10 Tips for Helping Your ADHD Son," is also available at That's my Son! Raising the ADHD Boy

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