



"As moms, we just want to create better versions of ourselves."

-Holly Robinson Peete

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Being a Mom means being the one person my daughter Ryan can count on. It's just what I do.

But when I noticed she was daydreaming often, having a hard time focusing on her homework, and struggling to focus during conversations with her friends, I was at a loss.

So we went to Ryan's doctor, and he diagnosed her with ADHD. Turns out there are 3 types of ADHD (Inattentive, Hyperactive/Impulsive, and Combined) and Ryan has Inattentive ADHD. Since inattentive symptoms like hers may be less noticeable than hyperactive and impulsive symptoms, it's important that moms like me know what to look for. I'm so glad we found out what was going on.

Sound familiar? Get the ADHD Symptom Checklist, then talk with your daughter's doctor.

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