The Sentence

Fact · Effect · Ask

One sentence with three parts that a child with ADHD can say to a teacher, a coach, a boss — anyone — to ask for the help he needs, without an apology and without a plea. Teach it early. Practise it on things with nothing riding on them.

1 · FACT

"I have ADHD."

The diagnosis is his to give or to keep. With a teacher he'll usually give it. With an employer he may not have to — the effect and the ask will usually work on their own.

2 · EFFECT

"Spoken instructions don't stick for me."

Plain words about how his brain works. Not a weakness, not an excuse — the thing the other person needs to know to help.

3 · ASK

"Can you send it to me in writing?"

One specific, doable request. The ask is the part that changes what happens next.

PRACTISE IT WHERE NOTHING IS RIDING ON IT

- Ordering at a counter.
- Asking a coach to repeat a drill.
- Asking a teacher for the notes after class.
- Telling a new friend how he works best.

The first time he really needs it will be a first day at a job, or a first week at college, in a room where nobody knows him and you are not there. He should have said it two hundred times by then.

WRITE HIS SENTENCE — in his words, not yours

Fact _____

Effect _____

Ask _____

Information only — not a substitute for care from your own physician.