

THE COMPLETE TREATMENT PICTURE

Your ADHD Action Framework

COMPANION GUIDE

Your Complete Guide to Understanding the Four-Leg Table,
Building Every Leg, and Choosing Your Starting Point

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Welcome

If you are reading this, you have already done something important. You have stopped, stepped back from the daily chaos, and asked the question that changes everything: what does the complete picture actually look like?

Most families navigate ADHD one crisis at a time. A new medication. A teacher meeting. A meltdown strategy found online at midnight. But nobody shows them the full map. Nobody explains that ADHD treatment is not a single intervention — it is a coordinated system, and that system has a structure.

This guide gives you that structure.

In the two introductory videos, I explained the four-leg table — the framework I use with every family in my practice. This companion guide goes deeper. It expands the teaching, provides the four-leg audit tool you can use tonight, maps each leg to the specific course that builds it, previews the key concepts and analogies you will encounter across all four courses, and gives you a clear decision guide for where to start.

Keep this guide accessible. Pin it to the fridge. Share it with your partner. Return to it as you work through the courses. This is not a document to read once and shelve. It is your roadmap.

 **Key Anchor:** Your child's brain is not broken. It is wired differently. And you are building exactly the support system they need.

The Four-Leg Table — Your Complete Treatment Picture

ADHD treatment is a table with four legs. The tabletop — your child's ability to learn, to manage their day, to build friendships, and to feel good about themselves — rests on all four legs. Remove one, and the table wobbles. Remove two, and it falls over.

This is not a theory. It is the consistent finding of the largest ADHD treatment studies ever conducted, and it matches what I see every day in twenty-five years of clinical practice. The families who do best are the ones who build all four legs. Not all at once. Not perfectly. But deliberately, one leg at a time.

Leg 1: Medication (~40%)

For most children with moderate to severe ADHD, medication is the most powerful single intervention available. The landmark MTA study — the largest ADHD treatment study ever conducted — found that properly optimised stimulant medication has the largest individual effect on core ADHD traits.

Think of medication as brain glasses. Your child's brain is a supercomputer with an unreliable Wi-Fi signal. The two neurotransmitters that matter most in ADHD — dopamine and norepinephrine — are the Wi-Fi signal. In your child's brain, tiny pumps pull these chemicals back too quickly, causing the signal to drop in and out. Medication slows those pumps down, keeping the signal stable. It does not add anything new. It does not change who your child is. It helps the brain work the way it was designed to.

But forty percent is not a hundred percent. Medication is a multiplier — it amplifies everything else — but it cannot carry the table alone.

 **Key Insight:** Medication is the strongest single leg, but a table cannot stand on one leg. If you have optimised medication and things still are not working, the answer is almost always in the other three legs.

Leg 2: Home Intervention (~20%)

This is the leg you control most directly. It encompasses everything that happens in your home environment: communication, structure, routine, emotional regulation, screen time management, and — most importantly — the relationship between you and your child.

The home leg is built on a framework I call CALM. C is Communication — how you give instructions, how you respond, whether your child can actually hear and process what you are saying. A is Associated Conditions — because eighty percent of children with ADHD have at least one other condition alongside it, and those need addressing too. L is Lifestyle — sleep, exercise, nutrition, and daily routine. M is Medication — understanding what it does and working with your prescriber to optimise it. The order matters. Each element builds on the one before.

Home strategies are where daily transformation happens. The morning routine that works. The homework approach that does not end in tears. The bedtime that actually leads to sleep. These are not small things. They are the architecture of your child's daily life.

 **Key Insight:** Most failed instructions in ADHD households were not refused — they were never received. Changing how you communicate changes everything.

Leg 3: School Intervention (~20%)

Your child spends six to eight hours a day at school — more of their medicated hours than anywhere else. School is also the most demanding environment their brain will ever face. Sustained attention, multi-step instructions, sitting still, filtering distractions, written output, and social navigation — all happening simultaneously.

The school leg involves teacher understanding of ADHD (not just the label — the neurology), appropriate accommodations (extra time, movement breaks, chunked instructions, preferential seating), effective communication between you and the school, homework strategies that protect your evenings, and medication coverage that spans the full school day.

Your child works three times harder than their classmates to produce the same behaviour. Nobody sees that effort. The teacher sees the child who blurted out — not the child who held it together for twenty minutes before they could not any longer. Building this leg means helping the school see what you see.

 **Key Insight:** ADHD is not a knowledge problem. It is an output problem. Your child probably knows far more than they can show. The school leg bridges that gap.

Leg 4: Your Child's Foundations (~20%)

The first three legs are things other people do for your child. This fourth leg belongs to them. Their body. Their brain health. Their understanding of themselves. Their growing capacity to manage their own life.

It starts with the most important distinction in ADHD: can't versus won't. Most behaviour that looks like laziness or defiance is actually a brain that cannot do what you are asking — consistently, reliably, on demand. The thirty percent rule makes this concrete: subtract thirty percent from your child's age, and that is their executive function age. Your ten-year-old is operating with the self-management of a seven-year-old. That is not an excuse. It is an explanation.

This leg also includes telling your child about their ADHD (the conversation most parents dread but every child needs), building the physical foundations of sleep and exercise, developing emotional regulation skills from the child's own perspective, finding their spark — the thing that lights them up — and the gradual handover to independence.

This is the leg that grows. As your child matures, the other legs gradually step back. This is the one that remains for life.

 **Key Insight:** A child who understands their own brain — who knows they are wired differently, not broken — is far more resilient than a child who believes they are simply stupid or lazy.

The Multiplier Effect — Why Every Leg Matters

The four legs do not simply add up. They multiply each other.

When medication is working, your home strategies land because your child can actually hear and hold your instructions. When the school understands ADHD, the accommodations amplify what the medication is already doing. When your child sleeps well and exercises regularly, their brain responds better to everything else. When your child understands their own brain, they cooperate with the strategies instead of resisting them.

But it works in reverse too. A weak leg does not just leave a gap — it undermines the others. Brilliant medication with a chaotic home environment underperforms. Perfect school accommodations with an exhausted, sleep-deprived child underperform. A confident, self-aware child in a school that does not understand ADHD will hit a wall.

This is why families plateau. They build one or two legs and wonder why the table wobbles. The gap was never in the leg they were working on. It was in the leg they could not see.

 **Watch For:** If treatment has plateaued despite good medication, look at the other three legs. The gap is almost always there.

The Four-Leg Audit — Find Your Starting Point

Rate each leg from 1 (very weak) to 10 (very strong). Be honest. Use the questions below each leg to guide your rating. Then find the lowest number. That is your weakest leg. That is where your next effort goes.

LEG	ASK YOURSELF	YOUR SCORE	PARTNER
MEDICATION (~40%)	Is the dose optimised? Is coverage adequate across the day? Are side effects managed? When was the last review with the prescriber? Do you understand how the medication works?	/10	/10
HOME (~20%)	Are routines consistent? Is communication working (Command Formula)? Are you responding to meltdowns effectively? Is screen time managed? Do you feel connected to your child? Are lifestyle foundations (sleep, exercise, nutrition) solid?	/10	/10
SCHOOL (~20%)	Does the teacher understand ADHD (the neurology, not just the label)? Are accommodations in place? Are you communicating effectively with the school? Is homework manageable? Does medication cover the school day? Is your child's effort recognised?	/10	/10
FOUNDATIONS (~20%)	Does your child sleep enough? Exercise regularly? Eat well enough to fuel their brain? Do they understand their own ADHD? Do they have a "spark" — something that lights them up? Are you gradually building independence? Do they believe they are capable?	/10	/10

 **How to Implement:** Do this audit tonight. If you have a partner, do it separately first, then compare. You may be surprised how differently you see each leg. The leg where your scores differ most is often the one that needs the most attention.

Your Course Map — Which Course Builds Which Leg

Each of the four courses below builds one leg of the table. They are available individually or as a complete programme. You do not need to take them in a fixed order — start with the course that matches your weakest leg.

LEG 1 — MEDICATION

ADHD Medication: The Complete Parent's Guide

10 videos + comprehensive companion guide

This course transforms medication from a source of anxiety into something you genuinely understand. You will learn how ADHD medication actually works in the brain (the Wi-Fi Booster analogy), the difference between stimulant and non-stimulant options, how to optimise the dose and coverage across the day, how to manage side effects, what comorbidities mean for medication, and how medication fits into the complete treatment picture.

By the end: You will understand your child's medication better than most parents ever will. You will be able to have an informed conversation with your prescriber, recognise when things need adjusting, and feel confident that medication is working for your child — not just at them.

Key analogies you'll learn: *The Wi-Fi Booster (how medication strengthens the signal). Brain Glasses (medication helps the brain work, not changes it). The Backbone and Booster (long-acting and short-acting coverage). The Multiplier Effect (medication amplifies everything else).*

LEG 2 — HOME

After the Diagnosis: Your Next Steps

7 videos + Your Home Action Plan (complete implementation guide)

This course equips you with the practical tools to transform your home environment. Starting with the CALM framework and lifestyle foundations (sleep, nutrition, movement, routine), you will learn the Command Formula for giving instructions your child can actually receive, how to build visual routines and structure that work, what to do when emotions explode (yours and theirs), how to manage screen time without constant battles, and why connection before correction changes everything.

The Home Action Plan that comes with this course is your printed guide — exact scripts, week-by-week implementation steps, and troubleshooting for when things go wrong.

By the end: Your mornings will feel different. Your evenings will feel different. Your relationship with your child will feel different. Not perfect — but managed, structured, and connected.

Key analogies you'll learn: *The Volume Dial (emotional regulation with no middle setting). The Pause Button (inhibitory control). The Command Formula (get close, get attention, give one instruction, wait). When-Then language (structure, not threats). Special Time (ten minutes of pure connection daily).*

LEG 3 — SCHOOL

Targeting School Success

8 videos + companion guide with teacher's section

This course helps you understand why school is the hardest place for the ADHD brain, and gives you the tools to build effective support. You will learn how the ADHD brain processes the classroom environment, why working memory is the silent saboteur (the school bag analogy — a bag with holes that drops information), what the invisible passengers are (comorbidities that create additional barriers at school), how to advocate for accommodations effectively, what to ask for in a school meeting, how to structure homework so it does not destroy your evenings, and how medication coverage affects school performance.

By the end: You will be your child's most effective advocate. You will know what to ask for, how to ask for it, and what to do when the school is not responsive. The companion guide includes a shareable teacher's section — print it and give it to your child's teacher.

Key analogies you'll learn: *The School Bag (working memory with holes). The Petrol Tank (mental energy that drains through the day). The 3× Rule (your child works three times harder for the same output). Invisible Passengers (comorbidities riding alongside ADHD). The Backbone and Booster (medication coverage across the school day).*

LEG 4 — YOUR CHILD'S FOUNDATIONS

Building Your Child's Foundations

7 videos + companion booklet

This course builds the leg that belongs to your child — the one that grows as they grow and lasts for life. You will understand the essential difference between can't and won't, learn the thirty percent rule for executive function age, discover how to tell your child about their ADHD (with exact scripts for different ages), understand why movement is medicine and sleep is the foundation everything else rests on, learn emotional regulation from your child's own perspective, help your child find their spark — the strength that defines them — and begin the gradual handover to independence.

By the end: Your expectations will be recalibrated. Your child will understand themselves better. And you will have a clear pathway from doing everything for them to watching them do it for themselves.

Key analogies you'll learn: *The 30% Rule (executive function age). Can't vs Won't (the essential distinction). The Four-Stage Handover (from doing it for them to standing by). The Three Cliffs (transition points where things go wrong). Finding Their Spark (strength-based identity).*

Where Do I Start? — Your Decision Guide

You do not need to do everything at once. The families who transform are not the ones who try to build all four legs simultaneously — they are the ones who identify the weakest leg and strengthen it first. Here is how to choose.

If you are newly diagnosed (last 0–6 months):

Start with this mini-course (which you have just completed). Then take the After the Diagnosis course. It builds the home leg and gives you the CALM framework — the practical roadmap for what to do next. If your child has started medication, take the Medication course alongside it or immediately after.

★ **Pro Tip:** The first six months after diagnosis are when parents are most receptive to learning and most motivated to act. Use that energy wisely — build the home leg first, because it is the one you control.

If your child is on medication but things have plateaued:

Start with the Medication course to ensure the medication is truly optimised (dose, formulation, coverage, side effects). Then look at your audit scores. If school is the lowest, take Targeting School Success. If home is chaotic, take After the Diagnosis.

★ **Pro Tip:** The most common reason for treatment plateau is not medication failure — it is a weak home or school leg. The medication is working, but the environment is not set up to take advantage of it.

If school is the main source of stress:

Start with Targeting School Success. This gives you the understanding, language, and tools to advocate effectively. Take the companion guide's teacher section to the next school meeting.

If your child is older (12+) and struggling with independence:

Start with Building Your Child's Foundations. The handover to independence is the critical task for adolescents with ADHD, and this course gives you the framework to do it gradually rather than abruptly.

If you want the complete picture:

Take all four courses as a programme. Start with After the Diagnosis (home leg), then Medication, then School, then Foundations. This builds the legs in the order that gives you the most control and the quickest visible progress.

The Shared Vocabulary — Analogies You'll Carry Across Courses

Across all four courses, you will encounter a set of signature analogies — teaching tools designed to make complex neuroscience genuinely understandable. These analogies build on each other. By the time you have completed the courses, you will have a shared vocabulary for talking about your child's brain that is both clinically accurate and practically useful.

Here is a preview of the key analogies you will encounter:

ANALOGY	WHAT IT EXPLAINS	WHERE YOU'LL FIND IT
Brain Glasses / Wi-Fi Booster	How ADHD medication works — strengthening the brain's signal without changing who your child is	Medication Course (core analogy)
The Pause Button	Inhibitory control — the ability to stop, think, then act instead of just reacting	All four courses
The School Bag	Working memory — a bag with holes; information falls out before it reaches its destination	School Success Course
The Volume Dial	Emotional regulation — no middle setting; zero to ten with nothing in between	After the Diagnosis + Foundations
The 30% Rule	Executive function age — subtract 30% from chronological age to find your child's self-management capacity	Foundations Course (core analogy)
The Now/Not Now Brain	Time blindness — only two time zones exist: now and not now. Anything beyond the next few minutes does not exist yet	All four courses
The Backbone and Booster	Long-acting and short-acting medication working together to provide full-day coverage	Medication + School Success
The Petrol Tank	Mental energy that drains through the day — your child arrives home empty and needs to refuel before homework	School Success Course
The Command Formula	How to give instructions your child can actually receive: get close, get attention, one instruction, wait	After the Diagnosis

What the Transformation Looks Like

Understanding changes everything. Not overnight. Not perfectly. But steadily, in the daily moments that matter.

When you understand medication:

You stop fearing it and start using it effectively. You notice when coverage dips. You have informed conversations with your prescriber. You stop worrying that medication will change your child, and start seeing how it reveals who they already are.

When you understand the home environment:

Mornings get easier. Not perfect — easier. Meltdowns become shorter. Instructions land. You shout less. Connection grows. Your child starts trusting the structure instead of fighting it.

When you understand school:

You walk into teacher meetings with confidence. You know what to ask for. You understand why your child's report card does not match their intelligence. Homework stops being a nightly war. Your child feels understood at school for the first time.

When you understand your child's foundations:

Your expectations shift to match your child's actual capacity — and frustration drops. Your child knows their brain is wired differently, not broken. They find their spark. They start building their own systems. The handover to independence begins.

When all four legs are in place:

The table is stable. Your child is not struggling the way they were. They are not suffering. They are working hard, hitting bumps, learning to manage, and growing. That is the goal. Not perfection. Progress.

 **Key Anchor:** The goal is not to eliminate ADHD. It is to build a four-leg table strong enough that your child is struggling the way every child struggles — not suffering the way no child should.

What Each Course Includes

Every course is designed to be practical, not theoretical. You will not sit through academic lectures. You will watch focused video teaching from a paediatrician who has spent twenty-five years in consulting rooms with families exactly like yours — and you will leave each video with something you can use today.

Each course includes:

- Focused video teaching (5–7 minutes per video) — one clear concept per video, explained in plain language with real-world examples
- On-screen visual elements — infographics, diagrams, and text overlays that reinforce the teaching
- A comprehensive companion guide — a printed/downloadable document that goes deeper than the video, with additional detail, exact scripts, practical strategies, and age-specific guidance
- Quick wins in every video — one specific, actionable thing you can try tonight
- A structured learning journey — videos build on each other, creating genuine understanding rather than scattered tips

Courses are available:

- Individually — start with the course that matches your weakest leg
- As a complete programme — take all four for the full treatment picture

Visit courses.drfllett.com to see all available courses and choose your starting point.

Remember This

Pin this page to the fridge. Read it on the hard days. Share it with your partner.

Your child's brain is not broken. It is wired differently. And different, properly supported, can be absolutely extraordinary.

ADHD treatment is not one thing. It is four things working together. Medication, home, school, and your child's foundations. Build all four legs. Not all at once. One at a time. Starting with the weakest.

The families who transform are not the ones who do everything at once. They are the ones who find the weakest leg and build it first.

He is not giving you a hard time. He is having a hard time. Connection before correction. Structure is love. Progress, not perfection.

You are doing better than you think. Understanding is the first step. You have just taken it.

Transforming frustration into clarity, confusion into strategy, and struggle into strength.

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