

AuDHD Parenting Strengths Inventory

Identify and celebrate what you uniquely bring to parenting — while honestly assessing where you want support.

Name: _____ Date: _____ Clinician: _____

Purpose: Neurodivergent parents bring unique strengths to parenting that are often overlooked. This inventory helps you identify and celebrate what you bring to your children, while also honestly assessing where you want support.

MY PARENTING STRENGTHS

	Never	Rarely	Sometimes	Often	Always
I am deeply attuned to my child's sensory and emotional needs	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My experience of neurodivergence helps me understand my child's experience	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am creative and think outside the box in problem-solving	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am honest and direct with my children	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I advocate fiercely for my children's needs	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I model that different kinds of minds are valuable	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can meet my child in their interests with genuine enthusiasm	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I take my children's emotional experiences seriously	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

HONEST REFLECTION

The parenting moments I feel proudest of:

The aspects of parenting that are hardest for me as a neurodivergent person:

Ways my own sensory or emotional needs sometimes conflict with my children's needs:

Support I have, and support I still need as a parent:

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What I want my children to inherit from how I parent:
