This paper reports the results of an exploratory study that (i) identified parental stress and competence, parents’ perception of their children’s attention deficit hyperactivity disorder (ADHD) symptoms, and the parent-child relationship in caring for children with ADHD; (ii) compared paternal and maternal experiences in these areas; and (iii) examined the effect of children’s ADHD behavior on paternal and maternal experiences in Hong Kong Chinese parents. Seventy-two (59.5%) mothers and 49 (40.5%) fathers participated in the study, in which data were collected using a structured questionnaire. The results showed that: (i) mothers’ level of parental stress was higher than fathers’, but paternal and maternal competence in child-rearing did not significantly vary; (ii) mothers perceived the child’s ADHD behavior more seriously than fathers; (iii) both mothers and fathers had positive perceptions of their parent-child relationship; and (iv) gender, employment, ADHD symptoms, and parental satisfaction explained the significant variance in parental stress but did not explain the significant variance in parental competence. Implications for social work practice and service development are discussed.