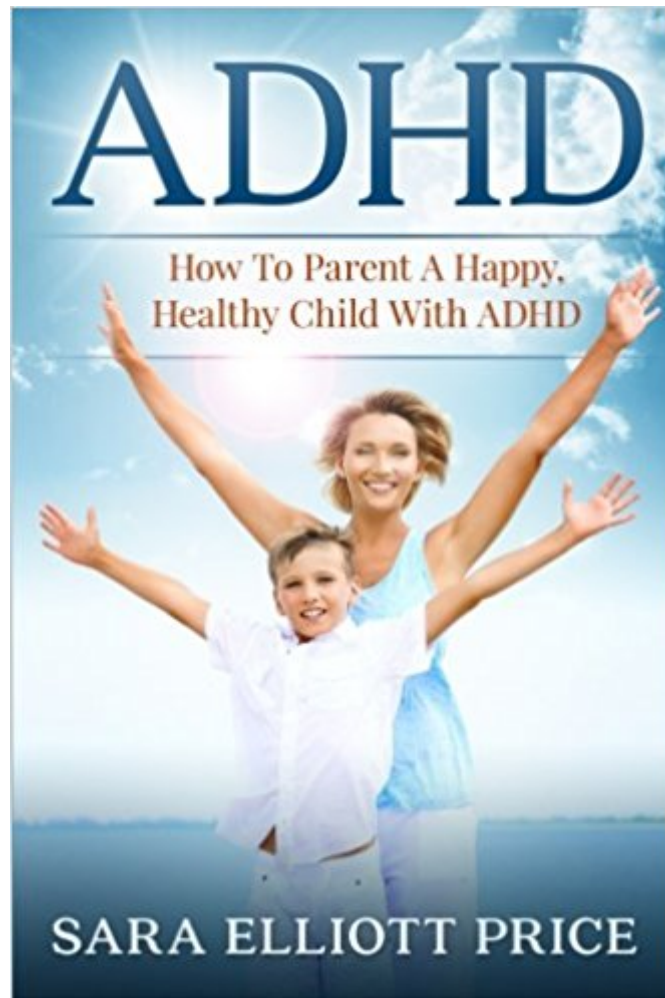




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Adhd: How To Parent A Happy, Healthy Child With ADHD



Synopsis

Does Your Child Have ADHD? Are You Feeling Overwhelmed? Help your child learn to manage their behavior and realize their potential! Do you have a child with ADHD? Or do you worry that your child may have it? Maybe you're concerned about his high energy and poor concentration. Maybe someone else has mentioned his behavior to you. Well, not to worry, there is a solution for all of these concerns. Discover What You Need To Do As A Parent In Order For Your Child To Flourish! This great little book talks you through the causes and risk factors, the signs to watch out for and how doctors make a diagnosis. It tells you about the different kinds of therapy and what you can do to give your child the stability and confidence they deserve. If your child has ADHD, or you're worried he may have it, you'll have plenty of questions. Will he grow out of it? What is the best treatment? And most of all, what can I do as a parent to help my child? This Book Is Full Of Information That Aims To Give You Real World Solutions... It covers important areas like the benefits and dangers of ADHD medication and how to work with doctors, therapists and teachers. But this book goes further than that. Packed with useful hints and practical advice, it shows you how a few simple changes at home can make a big difference. Here's a preview of what you'll learn in this book...

- How to find the best therapy for your child
- The importance of keeping an ADHD journal
- Simple hints and tips for avoiding meltdowns
- Reducing your stress levels – is it possible?
- How regular exercise can help your child's behavior
- Why a simple change of attitude may work wonders
- How to find support for yourself and your family
- Plus, so much more...

This book is for all parents who want to help their children overcome Attention Deficit Disorder. You'll learn more about the child behind the condition, how to focus on the positive and why even a simple balloon can be invaluable in a crisis. As parents we want the best for our kids, but ADHD/ADD can make this seem impossible. In this book you'll learn how it can be done! Would You Like To Know More? ==> Scroll up and click the add to cart to get your copy now.

Book Information

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Customer Reviews

Sara Elliott Price is a best selling author in the health and self development genres. From a very early age she knew she had a passion to help others become healthier, better versions of themselves and her dream has come alive through her writing. Sara enjoys writing books on health and self-help topics as well as a sampling of other subjects that she is passionate about. She considers herself an avid learner--especially when it comes to nutrition and how our lifestyles affect our health. In her spare time she enjoys practicing yoga, developing easy and delicious healthy recipes and spending time with friends and family.

I have a nephew that watch many nights during the week and it can be frustrating because he won't sit still. I've read many other books on this topic but this one does a good job of telling me what I can do to help him besides give him drugs such as give him exercise. I'm going to make my sister read it now.

Really informative and interesting book. I've heard about ADHD, but didn't know much. This book clarified what this condition is about. It's a great guide for everyone who has a kid with ADHD, and need to know how to raise him/her happy and healthy. Easy to read reference, highly recommended.

This book gives you just enough information to get started on dealing with the every day stresses of a child with ADHD.

Great

The author provides basic information regarding diagnosis, treatment modalities, and coping suggestions for parents. However, most of the information is not unlike that of parenting and self-help websites. In fact, the author refers to the same (few) websites all throughout the book. One

would be better off, simply researching and retrieving information from the Internet. Better yet, find writings that offer empirical evidence as to the diagnostic and treatment process, including practical methods of implementing behavior modification and emotion regulation within the home.

I liked the fact that medication was the go to answer in this book. And that add and adhd were broken down Barney style for all the different ways your child may have it but it's not a one size fits all mentality.

Very good and clear. Thank you for all the tips in such a quick reference form.

This book is very correct in the information given for A.D.H.D. My son was diagnosed with it, and wish there was a book like this twenty years ago. I would recommend it to anyone that needs to know the pro's and con's of A.D.H.D. and what to look for. It's a rough stressful road.

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My Life and Legacy as the Duck Commander Raising Girls with ADHD: Secrets for Parenting
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(Quarry Book) The Baffled Parent's Guide to Coaching Girls' Lacrosse (Baffled Parent's Guides)

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