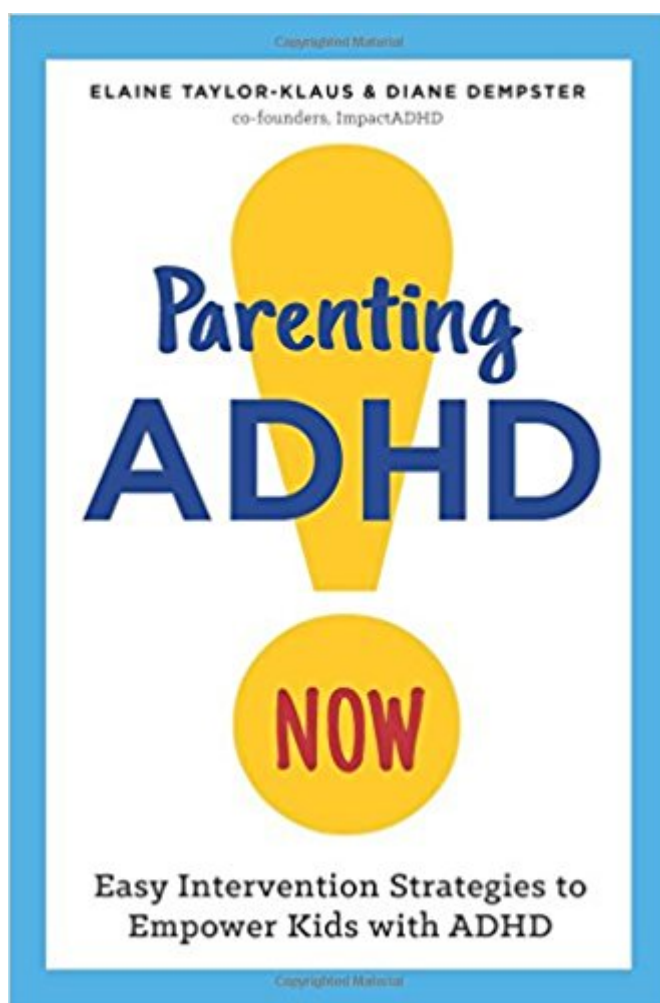


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# Parenting ADHD Now!: Easy Intervention Strategies To Empower Kids With ADHD



## Synopsis

An empathetic, personal and practical approach for parents craving relief from the wide-ranging childhood impact of ADHD. • Mark Bertin, M.D., author of *Mindful Parenting for ADHD* Parents: This book is for you. Most of us need help to overcome the challenges of parenting a child with ADHD. Watching your bright, vibrant child struggle with ADHD can make you feel helpless, especially when you don't have the tools to help them succeed. There is a great deal of help available for children with ADHD, but there simply aren't enough resources for parents of ADHD children • and you need support just as much as your child. The National Institute of Mental Health recognizes that frustration, blame, and anger are common in families with ADHD children. Children with ADHD need guidance and understanding from parents to reach their full potential. Yet it can feel impossible to manage the challenges you experience as a parent in order to be the support your child needs. Diane Dempster and Elaine Taylor-Klaus are ADHD coaches, educators, and the cofounders of ImpactADHD. They started off just like you, feeling frustrated and lost about how to help their ADHD children • and how to take care of themselves as well. Since that time, they have become national leaders in the world of ADHD, representatives of the voice of parents, and the go-to experts for parenting children with ADHD. They have successfully armed thousands of parents with the tools they need to help themselves and their children with ADHD. In *Parenting ADHD Now!* Diane and Elaine combine their practical know-how and professional expertise to offer immediate, actionable strategies you can use to guide and support your ADHD child compassionately and effectively. The material presented in this book is grounded in three main concepts: **Apply the Coach-Approach to Parenting** • This unique method gives you permission to pay attention to yourself, build up your own confidence and self-esteem, and apply these tools when working with your child with ADHD. **Use Real, Practical Strategies** • Learn to effectively navigate the complex terrain of ADHD, confidently minimize ADHD-related stress in your family, and foster your child's independence. **Focus on the Parent** • This is not about "fixing" your ADHD child. This is about shifting your focus inward and empowering yourself so that you can empower your child as they navigate life with ADHD. You can dramatically improve life for your child with ADHD. With *Parenting ADHD Now!* you will learn to set healthy limits, find compassion and acceptance, change your habits, laugh instead of cry, understand instead of yell, and thrive instead of just survive.

## Book Information

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## Customer Reviews

An empathetic, personal, and practical approach for parents craving relief from the wide-ranging childhood impact of ADHD. "Mark Bertin, MD, author of Mindful Parenting for ADHD Combining up-to-date neuroscience with old world wisdom, Parenting ADHD Now! is the how-to manual you have been longing for since the day your child with ADHD was born. No one, absolutely no one, does parent coaching better than ImpactADHD. "Dr. Karin Forman Varblow, MD, FAAP An excellent book for parents trying to understand what to do to help their kids who have ADHD! Elaine and Diane have brought their combined knowledge to give specific, proven advice for each of the different types of ADHD. "Neil McNerney, LPC, author of Homework: A Parent's Guide to Helping Out without Freaking Out A great resource for parents of children for ADHD, Parenting ADHD Now! delivers specific, well-researched, easy to navigate strategies to deal with many of the challenges parents face. "Michele Novotni, PhD, author of What Does Everybody Else Know that I Don't? If you've ever felt isolated in your parent journey, Parenting ADHD Now! is a must read. Informative, funny, engaging, and so realistic it makes you wonder if Elaine and Diane Are sitting at your dining room table. "Mindy McNeal, PhD, creator of the Hey, You! ADHD App Diane and Elaine provide a bright guiding light for adults who want to help kids with ADHD. "Phil Boissiere, MFT, creator of "Beyond Focused" video series for adults with ADHD Elaine Taylor-Klaus and Diane Dempster have written a very friendly, easily accessible book for parents of kids with ADHD. While they provide an overview of the science, they spend most of their time where parents will want it on the "what do I do?" part without the overwhelm of too much technical information. "Susan Bauerfeld, PhD, Licensed Clinical Psychologist I wish I had this book in my

own ADHD library when my child was growing up. Most books focus on what's "wrong" with the child, but this resource wisely describes how ADHD affects children using positive, informative language and offers parents strategies and practical tips to make life easier for both child and parent. Highly recommended. "Terry Matlen, MSW, author of *The Queen of Distraction* and *Survival Tips for Women with ADHD* Elaine Taylor-Klaus and Diane Dempster have years of experience helping parents traverse the tricky waters of parenting kids with ADHD and it shows. This book is unparalleled amongst ADHD support books. It is without a doubt the best, most empathetic, and most usable advice about parenting children with ADHD available today." Melissa Orlov, award-winning author of *The Couple's Guide to Thriving with ADHD*

If you are a parent who has been struggling to raise a complex kid with ADHD -- or any of the host of related complex issues that tend to accompany ADHD -- then I feel your pain (and joy, and confusion, and overwhelm, and vision for possibilities, and so on, and so on) ... and this book is for you. Diane and I worked hard to make this book easy to use, succinct, and straight-forward. There are a ton of "experts" telling you what to do. We are focused on helping YOU figure out HOW to make all that advice work for your family. I can guarantee that NOT every strategy will work for every kid, or every family. But I can also guarantee that SOMETHING in this book will speak directly to you -- and will work for you -- if you give yourself permission to pace yourself, to learn, to practice, to tweak, to try again. We know this is a challenge -- to "fail forward" in the process of learning -- and it is our gift to you, as we (hope to) teach you to share this gift with your kids. Nothing, truly, will help your kids more than learning how to ask for and accept help in life -- and we hope to help you practice that with this book. :-)

Please -- let us know what you think!!

What a great book...Thanks to this book I have been able to implement a lot of ways to deal with my daughters ADHD without drugs, I now understand a lot better what she is going through. I highly recommend this book!

I gave this book a five star rating as it does contain strategies and interventions parents can use with ADHD kids. I'm looking for books that have strategies and interventions teachers can use in the classroom in grades K-12 - does anyone have any suggestions?

Easy to read, full of practical helpful information for parents of ADHD kids. This book takes a "coach-approach" to help parents help their kids, rather than trying to fix them. This is a lifeline for

parents who are frustrated and confused about how to empower their kids

Good book

This book is full of reader friendly practical advice for parents to help them empower their kids with ADHD. It is much needed and very appreciated. After reading my own copy I ordered another for a friend.

I don't write many reviews but I had to let other parents know about how much this book has helped and enlightened me as a parent of an ADHD child. It was like sitting down with a close friend who knows exactly what your going through and giving advice on how to cope. I just finished the Sanity School they provide and feel this is just the icing on the cake as far as therapy goes and understanding what my child is dealing with on a day to day basis. It gives me clarity on the struggles and accomplishments this community faces and how we as parents can focus on the good and not so much on the bad.

Excellent book. VERY enlightening.

Very practical. Easy to follow. Easy to read. Concrete ideas to use as well as important philosophies to understand. The book teaches us to focus on our relationship with the child and see ourselves as the first steps to real change.

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