

WHAT YOUR ADHD CHILD WISHES YOU KNEW

Working together to empower kids for success in school and life
AUTHOR DR. SHARON SALINE

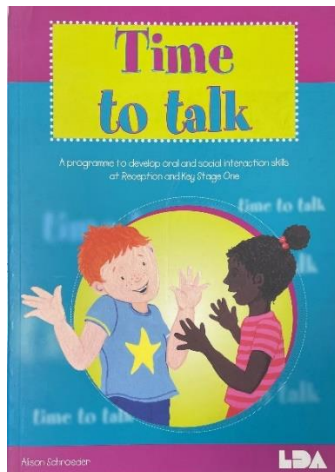
You've read all the expert advice, but despite countless efforts to help your child cope better and stay on track, you're still struggling with everyday issues, pushback and power struggles. **What if you could work with your child, motivating and engaging them to create positive change once and for all?** In this insightful and practical book, veteran psychologist Sharon Saline shares the words and inner struggles of children and teens living with ADHD and offers a step-by-step blueprint for achieving calmer, lasting success by working together. Topics include: Setting mutual goals that foster cooperation, Easing academic struggles, Tackling everyday challenges, from tantrums and backtalk to staying organized, building friendships, and more. You'll discover a variety of practical strategies that really work, creating positive change that will last a lifetime

A PROGRAMME TO DEVELOP ORAL AND SOCIAL INTERACTION SKILLS AT RECEPTION AND KEY STAGE ONE

School can be a frustrating and confusing experience for children who have not developed their communication skills. Not only will access to the curriculum be difficult, so will developing co-operative skills and friendships.

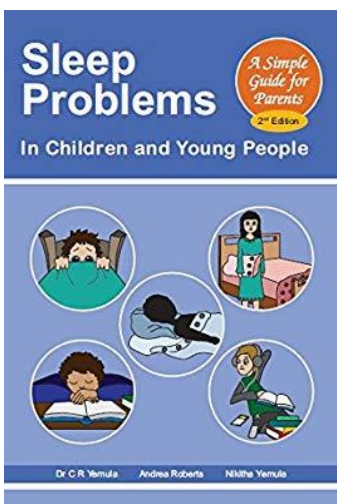
This book has been developed to teach and develop oral language and social interaction skills to children aged 4-6. Containing 40 sessions, designed to take place two to three times a week, the book will help you teach and develop the "rules" of interaction with the help of Ginger the Bear who features in all the activities.

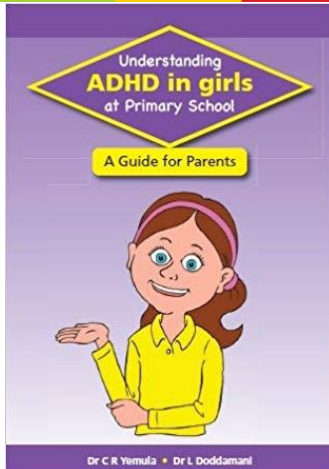
Skills taught include: eye contact, turn taking, sharing, greetings, awareness of feelings, giving/following instructions, listening, attention and play skills.



SLEEP PROBLEMS IN CHILDREN AND YOUNG PEOPLE

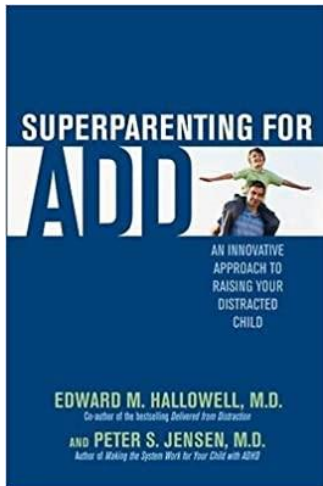
This 2nd edition of the book provides simple and more up-to-date information about common sleep problems seen in children and young people. You can try a number of sleep hygiene and behavioural strategies to help your child's sleep difficulties. In addition to dealing with sleep problems associated with autism and ADHD, the book contains a sleep diary and illustrative case studies, all of which should help you with practical ideas to ensure a good night's sleep for everyone.





UNDERSTANDING ADHD IN GIRLS AT PRIMARY SCHOOL *A simple guide for Parents*

ADHD in girls is less well-known and often overlooked or diagnosed late with significant consequences for the child and the family. Written as a simple guide for parents of primary school-age girls with ADHD, this booklet is a helpful resource with user-friendly and up-to-date information.



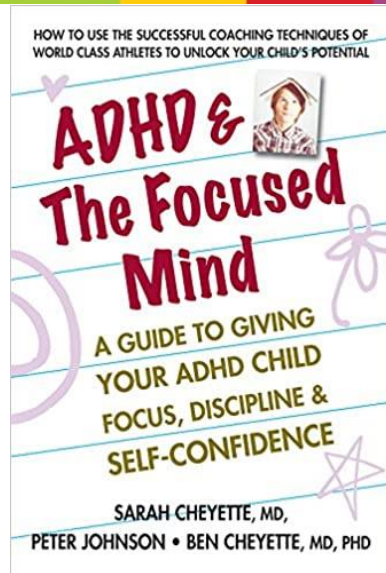
SUPERPARENTING FOR ADD - AN INNOVATIVE APPROACH TO RAISING YOUR DISTRACTED CHILD With decades of experience working with ADD children, Dr. Edward Hallowell – a pediatric psychiatric clinician, father of two ADD children, and himself an adult with ADD – understands how easily the gifts of this condition are lost on a child amid negative comments from doctors, teachers, and even loving but frustrated parents. Hallowell has long argued that ADD is too often misunderstood, mistreated, and mislabeled as a “disability.” Now he teams up with top academic ADD researcher Peter S. Jensen, M.D., himself the father of an ADD child, to bring you an upbeat and encouraging new approach to living with and helping your ADD child. The practical strength-based techniques Drs. Hallowell and Jensen present put the talents, charms, and positive essence of your child ahead of any presumed shortcomings.

Clearly outlined and organized, *Superparenting for ADD* offers a specific game plan that includes– UNCONDITIONAL LOVE Tune out the diagnosticians and labelers and simply notice and nourish the spirit of your child for who he is. Providing this unshakable base of support will set the tone for all interactions to come.

- VIEWING THE MIRROR TRAITS There are positive sides of the negative symptoms associated with ADD: stubbornness = persistence; impulsiveness = creativity; intrusiveness = eagerness. By recognizing the mirror traits, you avoid the ravages of shame and fear.
- THE CYCLE OF EXCELLENCE Use this critical 5-step process to help a child develop self- and social awareness. Nurture an environment in which a child can safely take risks, reserve time to let a child dabble as a way to learn, encourage playful practice, support mastery of a skill (whatever the skill may be), and then recognize a child’s accomplishments.
- IDENTIFYING AND TAPPING THE SOURCE Pinpoint your child’s inner, conative strengths, which drive what he naturally and spontaneously does, as opposed to what he is told to do or feels he must do. Your child will do his best when allowed to use these conative strengths.

Drs. Hallowell and Jensen fully understand the real and everyday challenges – both at home and at school – facing parents of an ADD child. Now this important book shows you how to unwrap the wonderful, surprising gifts of ADD and turn what is too often labeled a lifelong disability into a lifelong blessing.





ADHD & THE FOCUSED MIND

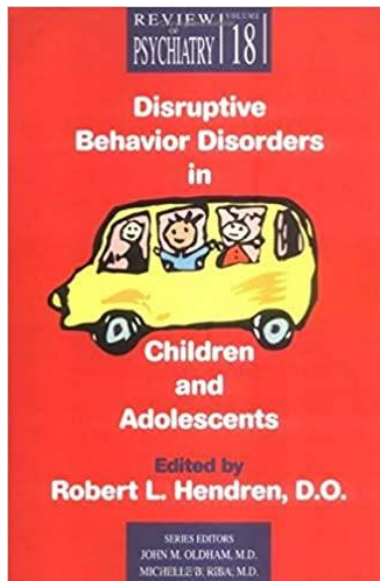
A Guide to Giving Your ADHD Child Focus, Discipline & Self-Confidence By Sarah Cheyette, MD, Peter Johnson, Ben Cheyette, MD, PhD As a young boy, his difficulty in concentrating was diagnosed as ADHD. In school, his mind always seemed to

BY SARAH CHEYETTE, MD, PETER JOHNSON, BEN CHEYETTE, MD, PHD

WORKING TOGETHER TO EMPOWER KIDS FOR SUCCESS IN SCHOOL AND LIFE

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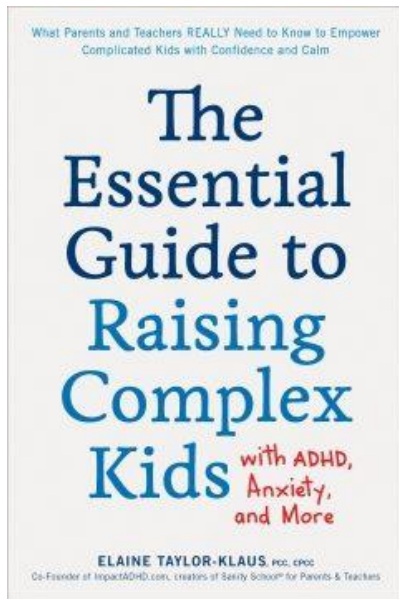
DISRUPTIVE BEHAVIOR DISORDERS IN CHILDREN AND ADOLESCENTS

EDITED BY ROBERT L. HENDREN, D.O.

In the past, disruptive behavior disorders were often attributed to a lack of willpower or general "badness" in children and adolescents. Research now points to unique neurodevelopmental underpinnings for these disorders. Neuroimaging, genetic studies, and other neurobiological advances have furthered our understanding of these common and frequently debilitating disorders and have led to new treatment and prevention efforts.

Disruptive Behavior Disorders in Children and Adolescents comprehensively reviews current research and clinical observations on this timely topic. The authors look at attention-deficit/hyperactivity disorder (ADHD), conduct disorder, and oppositional defiant disorder, all of which are common among youths and often share similar symptoms of impulse control problems. The book begins with a review of cutting-edge research on the diagnostic, epidemiological, and biological aspects of ADHD and state-of-the-art pharmacological treatments for this common disorder. Recent research on the important role that biological and environmental factors play in conduct disorders is then presented. The important factors in diagnosing oppositional defiant disorder are reviewed as well as practical guidelines and treatment options for clinicians working with patients with this disorder. This book points out the similar biopsychosocial and developmental underpinnings and describes the comorbidity of substance abuse and aggressive behavior with disruptive behavior disorders. It examines research connecting ADHD and bipolar disorder and discusses the possible reasons for the association of violence and mental illness in youth. This book enhances our understanding of the etiology of these disorders and effective treatment approaches for them, including psychopharmacological interventions. Helpful in exploring the effects of comorbidity, resilience, and environmental protective factors, this comprehensive guide will be valuable to clinicians and families in designing effective prevention and treatment programs.





THE ESSENTIAL GUIDE TO RAISING COMPLEX KIDS *with ADHD, anxiety, and more: what parents and teachers really need to know to empower complicated kids with confidence and calm.* BY ELAINE TAYLOR-KLAUS, PCC, CPCC. FOREWORD BY EDWARD M. HALLOWELL

ADHD parenting expert Elaine Taylor-Klaus, founder and CEO of ImpactADHD.com, will walk you through her tried and tested coach-approach method, which shows all parents, in simple steps, how to identify challenge areas and how to use critical response tools to parent simply, clearly and effectively – for everyone’s benefit. It doesn’t much matter if your child has ADHD or anxiety or learning disabilities, autism or depression, coeliac disease or food allergies. All that really matters is this: your child is complex because there is a chronic medical condition (or several) that they need to learn to manage for themselves in order to be successful in life. A coach approach will help you communicate and guide your kids on their path to independence. Here are some of the challenge areas addressed inside and the coach-approach method for working through them. Challenge/s:

- Feeling Like You’ve Tried Everything → Coach-Approach: Letting Go
- Fearing for the Future → Coach-Approach: Parenting from Inspiration, Not Desperation
- An Unhappy Home → Coach-Approach: No One Gets to Be Wrong – The Benefits of Positivity
- Overwhelm Is Keeping You Stuck → Coach-Approach: Focusing on What’s Most Important

Once you learn the coach-approval model, it can be applied to any situation – in fact, the more you use it, the easier it all becomes. Constant battles don’t have to be part of your daily life. With THE ESSENTIAL GUIDE TO RAISING COMPLEX KIDS, you can (all) learn to thrive.



TREATING EXPLOSIVE KIDS (HARDCOVER)
THE COLLABORATIVE PROBLEM-SOLVING APPROACH

From tantrums and defiance to verbal and physical aggression, “explosive” kids present tremendous challenges to parents, teachers, and mental health professional. This indispensable book is the first presentation for clinicians of the groundbreaking approach popularized in Ross Greene’s acclaimed parenting guide, *The Explosive Child*. Provided are innovative, practical strategies for working with families to reduce unmanageable outbursts and produce lasting improvements in interactions between difficult kids and their stressed-out caregivers.

Within a detailed framework for effective, individualized intervention with highly oppositional children and their families. Many vivid examples and Q&A sections show how to identify the specific cognitive factors that contribute to explosive and noncompliant behavior, remediate these factors, and teach children and their adult caregivers how to solve problems collaboratively. The book also describes challenges that may arise in implementing the model and provides clear and practical solutions. **Two special chapters focus on intervention in schools and in therapeutic/restrictive facilities.**

For more information contact an organization in Europe <https://adhdeurope.eu/about/members/>

