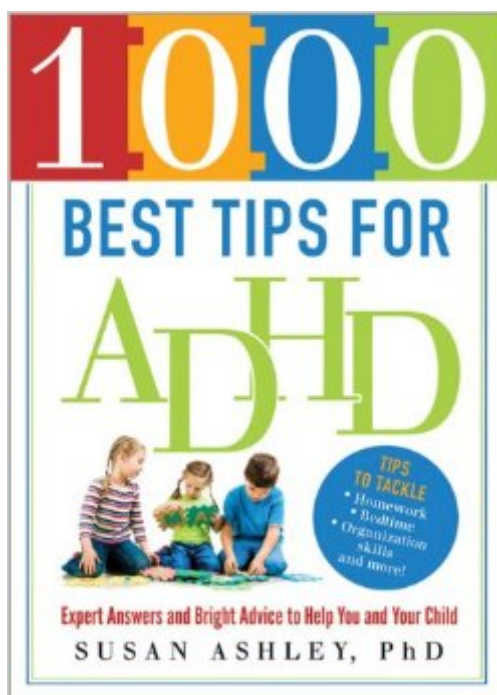


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# 1000 Best Tips For ADHD: Expert Answers And Bright Advice To Help You And Your Child



## Synopsis

YOUR COMPLETE REFERENCE FOR PARENTING A CHILD WITH ADHD How can I help my child do his homework? How can I get him to brush his teeth without arguing with me every night? What can I do when he lies about the same thing over and over? Why doesn't punishment seem to make any difference? When you're struggling to help your child with homework, chores, or behavior, what you need are quick, easy, and effective tips you can use right away. Even getting through seemingly easy tasks can be a relentless challenge that never seems to get easier. As a child psychologist specializing in ADHD for more than twenty years, Dr. Ashley knows exactly what parents face every day. 1000 Best Tips for ADHD gives parents quick tips and easy-to-implement solutions that make even the toughest days go smoother. FIND TIPS AND SUGGESTIONS ON: &#x95; Improving behavior &#x95; Increasing school success &#x95; Helping out at home &#x95; Interacting with others &#x95; And more!

## Book Information

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## Customer Reviews

I am a parent of a child with ADHD and a mental health therapist. I have worked with many children with ADHD and their families. This book encapsulates so many wonderful strategies and presents them in a straight-forward, easy-to-use manner. I recommend it almost daily to at least one client or family. I find that the chapter on "Acceptance" is very well-written and helps parents understand the impacts of ADHD and prepares them for how to best use the ideas included in the book. Many of the families with whom I have shared this book have found it to be helpful in improving their

parenting and their relationships with their children.

My favorite thing about this book is that each piece of advice is given as a bullet point. The chapters are well-organized so that it is a snap to find the exact help you are looking for. The whole format allows for a great deal of very good information in a very quick read, and more importantly, very easy reference for the future. The bullet points also made it feel a lot more like advice that I could take or leave, depending on my situation and child. There was no "preaching" involved, even to the choir. It is very obvious that the author is very experienced with ADHD children and behaviors, I felt like she was describing my child throughout much of the book. I came away with a better understanding and renewed patience for my child, as well as many valuable tips that I intend to use starting now.

This book is different in the way it is setup which is nice. You read a section as you go, like homework strategies. I like the premise of this book here are strategies to try, every child is different some will work for one not another and do not expect a strategy to work more than once.

I found this to be a good resource, if only to see that I not alone! I've taken post it tabs and marked tips that I found helpful, which made it easy to share with my parents (who watch my son after school) to give a little insight.

I like how this book is laid out - clear, to the point, chapter by chapter advise. I would recommend it to all parents, not only to ADHD ones. It all comes down to basic parenting strategies and this book provides plenty of them

I am a therapist specializing in treatment of ADHD in children and adults. I have many, many books on ADHD. This book is by far the most reader friendly and informative book I have ever read. The organization of the book by subjects such as: forgetfulness, social skills and tantrums makes it easy for parents (many of whom are also ADHD!) to pick up and read a quick tip to try. I am recommending this book to all of my ADHD families. Bravo!

This book is a MUST read for anyone who has a child with a disability, be it ADHD or anything else. My child has ADHD, ASD, neurological deficit & anxiety. THIS book was so enlightening I had to purchase it myself so I can share it with others. I have used many of the suggestions thus far and

hope that his teachers will see that I am not just 'making' things up .. that there are others confirming what I have thought or are using as techniques to help my child succeed! I truly suggest this book. If you are not a highlighter .. than sticky note the pages or copy them for your IEP meetings or bring to doctor appointments. It will help reduce the 'little stressors' that we have as parents to making sure we have everything we need in order or prepared to help our child (ren). Again.. must have book in my personal opinion for a parent with ADHD.

Highly recommended for parents of ADHD childrenbut contains valuable tips for parents of all kinds of kids  
Pamela Lowell LICSW [...]Author, therapist, parenting expert

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