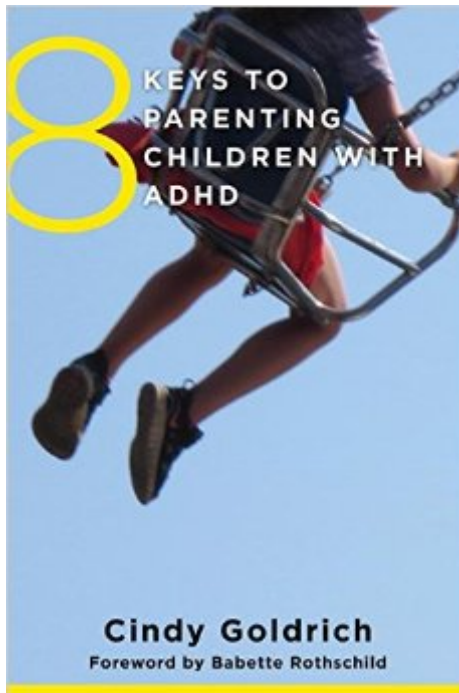


The book was found

# 8 Keys To Parenting Children With ADHD (8 Keys To Mental Health)



## Synopsis

Compassionate and effective strategies for raising a child with ADHD. Parenting children with ADHD, whether diagnosed or undiagnosed, can be challenging and complex. But just as a child who struggles with reading can learn to decode words, children with ADHD can learn patience, communication, and solution-seeking skills to become more confident, independent, and capable. This book, rich with optimism, tips, tools, and action plans, offers science-based insights and systems for parents to help cultivate these skills. Combining expert information with practical, sensitive advice, the eight "key" concepts here will help parents reduce chaos, improve cooperation, and nurture the advantages—like creativity and drive—that often accompany all of that energy. Based on author Cindy Goldrich's seven-session workshop entitled *Calm and Connected: Parenting Kids with ADHD*®, this book focuses on developing and strengthening effective interpersonal skills in both parents and children as a way to improve conflict resolution. Following the parenting principle to "Parent the child you have," Goldrich offers advice to help readers tailor their parenting to meet the needs of their unique child. The book also leads parents to recognize the value of being a leader and a guide to children, building parents' confidence in their decision-making, and giving children a sense of safety, security, and confidence. The principles outlined in *8 Keys to Parenting Children with ADHD* are appropriate for parenting kids of all ages—until they have "launched" and are on their own.

## Book Information

Series: 8 Keys to Mental Health

Paperback: 240 pages

Publisher: W. W. Norton & Company; 1 edition (October 5, 2015)

Language: English

ISBN-10: 039371067X

ISBN-13: 978-0393710670

Product Dimensions: 6.2 x 0.7 x 9.2 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars— See all reviews— (7 customer reviews)

Best Sellers Rank: #211,607 in Books (See Top 100 in Books) #72 in— Books > Health, Fitness & Dieting > Children's Health > Learning Disorders #133 in— Books > Health, Fitness & Dieting > Mental Health > Attention Deficit & Attention Deficit Hyperactivity Disorders #363 in— Books > Medical Books > Medicine > Internal Medicine > Pediatrics

## Customer Reviews

This book is such a GIFT for parents. Raising a child with ADHD can be very challenging. I encourage so many of my patients who have a child with ADHD to get the help they need. The normal "rules" of raising a child often don't apply. The "Keys" in this book are essential, especially Key 6: Be Clear and Consistent. This is a book I would recommend to all of my colleagues and patients with children with ADHD. Education and strategies are key to helping children with ADHD. This book is my "go to" bible because it offers step-by-step suggestions with highly effective advice. Scott Shapiro, MD - ADHD Expert, NY, NY

From the moment I picked up this book, I knew it was an important read for parents of children with ADHD. As one of those parents, I wished I had had Goldrich's knowledge and advice when I was raising my own child with ADHD (now an adult.) This book is filled with the latest research, and Goldrich puts it in clear and understandable language -- ready to apply in your home. Looking back on raising my child, I know I would have been a better parent had I read this book! I highly recommend!

As a mental health professional working with parents and children with ADHD and having read many books about parenting children with ADHD, I highly recommend Cindy's new book. The book provides the reader with a rationale to help one understand why the author details the eight steps to successful and effective parenting of an ADHD child along with providing parents with a sense of hope in respect to building a satisfying, long lasting and cooperative relationship with the child. Lisa M Laudante, Ph.,D, LCSWR

This book answered many questions but also validated my concerns. It was like she had observed us in our home. I looked her up on the web and she is highly rated there as well.

[Download to continue reading...](#)

ADHD: Stories Of Those With Attention Deficit Hyperactivity Disorder And How They Overcame It (Adhd Children, Adhd adult, Adhd parenting, Adhd without ... Adhd advantage, adhd effect on marriage) ADHD: A Mental Disorder or A Mental Advantage (2nd Edition) (ADHD Children, ADHD Adults, ADHD Parenting, ADD, Hyperactivity, Cognitive Behavioral Therapy, Mental Disorders) 8 Keys to Parenting Children with ADHD (8 Keys to Mental Health) PARENTING: Single Parenting For Moms: A Guide in Raising Your Family and Being a Successful Mom (Parenting, Single Parent,

Single Mother, Parenting Boys, Parenting Girls, Raising kids, Healthy child) Parenting: SINGLE PARENTS' BOOK: HOW TO BE THE BEST MOM AND DAD AT THE SAME TIME! 11 RULES ON HOW TO RAISE GREAT KIDS ALONE (Single, Parenting, Parenting Toddlers, Single Parenting) Mental Health: Personalities: Personality Disorders, Mental Disorders & Psychotic Disorders (Bipolar, Mood Disorders, Mental Illness, Mental Disorders, Narcissist, Histrionic, Borderline Personality) MENTAL ILLNESS: Learn the Early Signs of Mental Illness in Teens (Teen mental illness, teen mental health, teen issues, peer issues, treatment) Positive Parenting: How to talk to your kids so they listen...Your guide to everything you need to know about positive parenting and raising children to ... Positive Discipline, Parenting Books) 8 Keys to Parenting Children With ADHD ADHD: Parenting a Child or Teen With Attention Deficit Disorder: Signs, Symptoms, Causes & Treatments (Treat ADHD & ADD Without Medication Books) ADHD Parenting: A Mother's Guide to Strength, Organization, and Beautiful Living with an ADHD Child Step Parenting 101: How to Be Successful at Step Parenting and Have a Happy Blended Family Forever (Step Parenting and The Blended Family) Blended Families: Steps to Help You Succeed in Step-Parenting and Become A Strong Family (Blended Family, Step Parenting, Parenting-Help) Parenting For Single Mothers: Being A Good Mom And Raising Great Kids (Single Parent, Single Mom, Parenting Boys, Parenting Girls) 8 Keys to Recovery from an Eating Disorder: Effective Strategies from Therapeutic Practice and Personal Experience (8 Keys to Mental Health) 8 Keys to Eliminating Passive-Aggressiveness (8 Keys to Mental Health) Keys to Successful Stepfathering (Barron's Parenting Keys) Essential Oils: 7 Essential Oils for Children With ADHD: A Holistic Approach to Reducing ADHD Symptoms Train Your Brain & Mental Strength : How to Train Your Brain for Mental Toughness & 7 Core Lessons to Achieve Peak Mental Performance: (Special 2 In 1 Exclusive Edition) Psychiatric Mental Health Nursing, 5e (Psychiatric Mental Health Nursing (Fortinash))

[Dmca](#)