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ADHD! What's Next?: Parenting Solutions for Home and School

Gary M Unruh, Eric M Unruh

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Does your child have ADHD? Parenting a child with ADHD isn't easy. But there are two things parents can do to help their child be successful at home and school.
First, gain a deeper understanding of ADHD. ADHD! What's Next? helps parents see there is much more to childhood ADHD than simply inattention, hyperactivity and impulsivity. This book describes ADHD through the riveting story of an ADHD boy named Chad, followed by 19 core descriptors of what ADHD really is - concepts like:
- ADHD kids are unable to be bored.
- ADHD kids are ultra-focused.
- ADHD kids have problems visualizing how long tasks will take.
- ADHD kids get frustrated when told to shift from a stimulating activity to a less stimulating activity.
The second step is to learn tried and tested parenting strategies. The authors walk parents through common challenges they may face with their ADHD child. But more importantly, they share solutions for those common problems; the same solutions they give their clients in therapy and in school staff meetings. In only125 pages, parents will understand ADHD and acquire proven ways to help their child succeed at home, in school, and in life.

Father and son authors Gary Unruh and Eric Unruh "get it" because they have lived it. They have ADHD themselves and have personally experienced ADHD from both the parent's perspective and the child's perspective. In addition, they are both successful mental health professionals who together have spent 60-plus years helping ADHD kids live up to their full potential. It gives them both great joy helping children with ADHD live happy and healthy lives.

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Suzanne Crider:

Spent a free time to be fun activity to perform! A lot of people spent their down time with their family, or their particular friends. Usually they carrying out activity like watching television, going to beach, or picnic from the park. They actually doing ditto every week. Do you feel it? Will you something different to fill your current free time/ holiday? Could be reading a book may be option to fill your no cost time/ holiday. The first thing you ask may be what kinds of e-book that you should read. If you want to try look for book, may be the book untitled ADHD! What's Next?: Parenting Solutions for Home and School can be good book to read. May be it might be best activity to you.

James Ronquillo:

Precisely why? Because this ADHD! What's Next?: Parenting Solutions for Home and School is an unordinary book that the inside of the e-book waiting for you to snap the item but latter it will shock you with the secret this inside. Reading this book close to it was fantastic author who have write the book in such awesome way makes the content inside easier to understand, entertaining way but still convey the meaning completely. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This book will give you a lot of advantages than the other book include such as help improving your ability and your critical thinking way. So , still want to postpone having that book? If I have been you I will go to the reserve store hurriedly.

Timothy Hardy:

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