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The Survival Guide for Kids with Behavior Challenges
Teaching Life Skills to Children and Teens with ADHD
The Self-Compassion Workbook for Teens
What Your ADHD Child Wishes You Knew
The ADD Hyperactivity Workbook for Parents, Teachers, and Kids
The ADHD Workbook for Kids
Helping Kids and Teens with ADHD in School
The OCD Workbook for Kids
The Chimp Paradox
Executive Function & Behavioral Challenges in the Classroom
Organizing Solutions for People with ADHD
2nd Edition
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Take That Nursing Home and Shove It!
The Prophetic Pictures (From "Twice Told Tales")
Smart but Scattered
Understanding Your Brain
Get More Done
ADD/ADHD Alternatives in the Classroom

The Survival Guide for Kids with Behavior Challenges

Fire Child, Water Child is a revolutionary guide to parenting a child with attention-deficit hyperactivity disorder (ADHD) that does not rely on medication or pathologizing your child's challenges. This method, created by pediatrician and ADHD specialist Stephen Scott Cowan, helps you identify your child's unique focusing style—wood, fire, earth, metal, or water—and calm the stress that can contribute to your child's ADHD symptoms. This personalized approach will help your child reduce impulsive behavior, regulate attention, and handle school and home routines with confidence. What is your child's ADHD style? • The Wood Child An adventurous explorer, the Wood child is always on the move and gets frustrated easily. • The Fire Child The Fire child is outgoing, funny, and can be prone to mood swings and impulsive actions. • The Earth Child The cooperative, peacemaking Earth child can feel worried or indecisive when stressed. • The Metal Child The Metal child is comforted by routine and finds it difficult to shift attention from task to task. • The Water Child An imaginative dreamer, the Water child struggles to keep track of things.

Teaching Life Skills to Children and Teens with ADHD

Does your child have a hard time focusing and memorizing things? Do you feel that it is difficult to understand and predict his or her behavior and thoughts? Or maybe, you find that your child struggles to finish any intellectual task you give? There is a great chance that this book is going to change your and your child's life, so just keep reading "ADHD WORKBOOK FOR KIDS" - a complete science-based guide that is going to help you manage and teach your child concentration, discipline, and overall self-regulation. ADHD or Attention Deficit Hyperactivity Disorder is a state of the cerebrum that makes it hard for children to control their behavior. It affects from 4% to 12% of school-aged children. There are a lot of different stages of this disorder, so there is no one right way to describe it. From self-control and decision making to learning and playing, from emotions to time management and nutrition - after more than 5 years of research and practice, we managed to create a product that is going to help parents to fix any type of ADHD their children may have. Take a look at only a few things you are going to get out of this book: ADHD identification guide How to manage the emotions and anger of your child? Step-by-step self-concentration guide How to make a final breakthrough at home and in school? 6 EXERCISES TO DISCIPLINE YOUR CHILD

The Self-Compassion Workbook for Teens

Treating ADHD/ADD in Children and Adolescents: Solutions for Parents and Clinicians was written for parents, clinicians, and teachers to learn a deeper understanding of ADHD and implement specific, clear, and effective ways to successfully evaluate and treat ADHD problems at home and school. Readers will learn not only research-based and traditional approaches for treating ADHD, but also proven newer and alternative methods. This book provides the tools for readers to feel more informed and competent in addressing the many challenges that children and adolescents with ADHD experience. Whether new or previously exposed to ADHD, readers should find the information to be very useful and effective in transforming ADHD. This book is comprehensive in addressing the complete range of challenges that ADHD presents to children, teens, and families, including accurately diagnosing ADHD and identifying the frequent co-existing conditions, better understandings of the condition, powerful parental behavioral management skills for home and school difficulties, ways to improve family and peer challenges, enhancing homework and learning problems, obtaining appropriate school services, and much more. The new classroom issues, and other challenges that children and adolescents with ADHD face. The book has three main aims. The first is to provide a deeper understanding of ADHD. Without accurate perspectives, families may not address the difficulties and challenges appropriately, and treatment approaches may not be as successful or can fail. The second goal is to learn the fundamentals about managing and treating the many ADHD challenges at home and school. The third is for readers to learn a number of additional and alternative approaches to help treat ADHD symptoms and challenges. Some of these proven approaches are newer, while others have a history of effectiveness.

What Your ADHD Child Wishes You Knew

Young people with ADHD can struggle to develop the skills they need to adapt to new situations and establish greater independence. This fun and interactive workbook is aimed at actively engaging young people with ADHD and supporting them as they negotiate the pitfalls of growing-up, and the transition to secondary or high school. Each chapter focuses on a different key issue affecting children with ADHD around the time of school transition, such as organization, friendships and stress. If left undetected, these difficulties can contribute to low self-esteem, behavioural problems and poor academic achievement. Using tried-and-tested strategies and top tips, this photocopyable workbook will help adults to work collaboratively with young people to learn, test strategies, set goals and develop comprehensive support plans around individual needs. Suitable for use with individual children or group work. Helping Kids and Teens with ADHD in School will guide teachers, therapists and support staff in helping young people with ADHD to overcome the challenges of early adolescence in order to improve school performance and personal relationships.

The ADD Hyperactivity Workbook for Parents, Teachers, and Kids

Your inner Chimp can be your best friend or your worst enemy. This is the Chimp Paradox. Do you sabotage your own happiness and success? Are you struggling to make sense of yourself? Do your emotions sometimes dictate your life? Dr. Steve Peters explains that we all have a being within our minds that can wreak havoc on every aspect of our lives—be it business or personal. He calls this being “the chimp,” and it can work either for you or against you. The challenge comes when we try to tame the chimp, and persuade it to do our bidding. The Chimp Paradox contains an incredibly powerful mind management model that can help you be happier and healthier, increase your confidence, and become a more successful person. This book will help you: —Recognize how your mind is working —Understand and manage your emotions and thoughts —Manage yourself and become the person you would like to be —Get more control over your life

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The ADHD Workbook for Kids

The author, a U.S. elder law attorney, uses real-life examples to illustrate how to evaluate current nursing home practices and policies, along with alternative care and associated living choices available for older adults; includes appendices with a nursing home visit evaluation checklist for prospective residents and their family and home care licensing guidelines by state.

Helping Kids and Teens with ADHD in School

This volume describes the Life Skills Program created by author Vincent J. Monastra at his ADHD clinic. It features practical strategies for helping children and teens develop essential life skills at home, school, or in a support group setting.

The OCD Workbook for Kids

Anxiety in children is on the rise, and recent research has uncovered a link between highly imaginative children and anxiety. Using engaging illustrations and fun activities based in cognitive behavioral therapy (CBT), one of the most proven-effective and widely used forms of therapy today, this Instant Help workbook presents a unique approach to help children harness the power of their imaginations to reduce anxiety and build self-esteem. Millions of children suffer from anxiety, which can be extremely limiting, causing kids to miss school, opt out of activities with friends, and refuse to speak or participate in a variety of situations. Furthermore, children who are diagnosed with anxiety or brought into therapy often feel embarrassed about not being “normal.” Focusing on the problem of anxiety can stress kids out and make them feel ashamed. But when the focus is on their strengths and their vivid imaginations, children are empowered to face their anxiety head-on. The Anxiety Workbook for Kids is a fun and unique workbook grounded in evidence-based CBT and designed to help children understand their anxious thoughts within a positive framework—a perspective that will allow kids to see themselves as the highly imaginative individuals they are, and actually appreciate the role imagination plays in their anxiety. With this workbook, children will learn that, just as they are capable of envisioning vivid scenarios that fuel their anxiety, they are capable of using their imagination to move away from anxious thoughts and become the boss of their own worries. With engaging CBT-based activities, games, and illustrations—and with a focus on imagination training and developing skills like problem solving, assertiveness, positive thinking, body awareness, relaxation, and mindfulness—this book will help kids stand up to worry and harness the power of their imagination for good.

The ADHD Workbook for Kids

Help your child with ADHD thrive. Mindfulness for Kids with ADHD offers fun and accessible mindfulness exercises designed to help kids with ADHD successfully navigate all the areas of life—from making friends and doing well in school to establishing healthy habits and limiting screen time. As a parent, you know that attention-deficit hyperactivity disorder (ADHD) can make the normal developmental tasks of childhood more difficult to accomplish in numerous ways. These tasks include: making friends, doing well in school, organizing belongings and schoolwork, identifying and managing feelings, developing a positive self image, getting along with family members, following rules, doing chores, establishing a healthy sleep pattern, eating a healthy diet, and making good choices about exercise and use of screen time. The activities in this easy-to-use workbook will help your child develop self-awareness and self-reflection—two skills that kids with ADHD typically need extra help with. The book also illustrates and teaches the process of setting intention and using specific mindfulness skills to identify and improve feelings, self-image, behavior, stress level, concentration, hyperactivity, and relationships. If you’re a parent of a child with ADHD, you may feel conflicted about the best treatment options available. Whether used alone or in conjunction with therapy, this powerful workbook provides real skills your child can use every day to improve their quality of life and help them enjoy being a kid!

Mindful Parenting for ADHD

Written by a pediatrician and based in proven-effective mindfulness techniques, this book will help you and your child with attention deficit/hyperactivity disorder (ADHD) keep calm, flexible, and in control. If you are a parent of a child with attention deficit/hyperactivity disorder (ADHD), you probably face many unique daily challenges. Kids with ADHD are often inattentive, hyperactive, and impulsive, since ADHD affects all of self-management and self-regulation. As a result, you might become chronically frustrated or stressed out, which makes caring for ADHD that much harder. In this book, a developmental pediatrician presents a proven-effective program for helping both you and your child with ADHD stay cool and collected while remaining flexible, resilient, and mindful. Berlin addresses the various symptoms of ADHD using non-technical language and a user-friendly format. In addition, he offers guidelines to help you assess your child’s strengths and weaknesses, create plans for building skills and managing specific challenges, lower stress levels for both yourself and your child, communicate effectively, and cultivate balance and harmony at home and at school. If you are a parent, caregiver, or mental health professional, this book provides a valuable guide.

Journal of an ADHD Kid

Many kids and teens have challenges when it comes to behavior. In this revised edition of his time-tested book, Thomas McIntyre provides up-to-date information, practical strategies, and sound advice to help kids learn to make smarter choices, make and keep friends, get along with teachers, take responsibility for their actions, work toward positive change, and enjoy the results of their better behavior. New to this edition are an “Are you ready to change?” quiz, updated glossary and resources, and a fresh organization and design. This is a book for any young person who needs help with behavior. A special section at the back addresses diagnosed behavior disorders.

Step by Step Help for Children with ADHD

*"The Prophetic Pictures (From "Twice Told Tales")" by Nathaniel Hawthorne. Published by Good Press. Good Press publishes a wide range of titles that encompasses every genre. From well-known classics & literary fiction and non-fiction to forgotten--or yet undiscovered gems--of world literature, we issue the books that need to be read. Each Good Press edition has been meticulously edited and formatted to boost readability for all e-readers and devices. Our goal is to produce eBooks that are user-friendly and accessible to everyone in a high-quality digital format.

The Gift of ADHD

A collection of articles, games, puzzles, activities, suggestions, and resources, which were previously published in the newsletter "Brakes," for children with attention deficit disorder.
ADHD Workbook for Kids

A 2018 Best Book Awards winner in Parenting & Family A 2018 Mom's Choice Book Award winner A veteran psychologist presents a proven roadmap to help ADHD kids succeed in school and life 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 like homework, chores, getting to soccer practice on time, and simply getting along without pushback and power struggles. What if you could work with your child, motivating and engaging them in the process, 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 a blueprint for achieving lasting success by working together. Based on more than 25 years of experience counseling young people and their families, Dr. Saline's advice and real-world examples reveal how parents can shift the dynamic and truly help kids succeed. 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. With useful exercises and easy-to-remember techniques, you'll discover a practical roadmap for making things right, creating positive change that will last a lifetime.

The Explosive Child

Get focused, the mindful way! In Mindfulness for Teens with ADHD, a clinical social worker offers powerful skills based in mindfulness and neuroscience to help you succeed in all areas of life—at home, in school, with friends, and beyond! As if being a teen wasn't tough enough, attention deficit/hyperactivity disorder (ADHD) can make everyday life even more difficult—from struggling in school to relationship troubles with family and friends. When you just can't focus, life can get lost in the balance. And to make matters worse, you might also feel stressed or have trouble sleeping and eating well. So, how can you gain focus and start feeling better right away? In Mindfulness for Teens with ADHD, a clinical social worker offers fast, easy mindfulness skills to help you successfully navigate all the areas of life, including making good choices, completing tasks, increasing academic success, excelling at sports, driving safely, getting enough sleep, managing stress, and more. By paying attention to the moment, you'll find yourself less distracted and better able to focus on what's going on right now—whether it's an algebra test, a job interview, or an important conversation with a friend. The mindfulness activities in this workbook will also help you build self-awareness and practice self-reflection—key skills to succeeding in life! These skills will help you start feeling more focused, less stressed, and gain confidence in your ability to reach your goals. So, what are you waiting for?

The Chimp Paradox

"This Second Edition of Mastering Your Adult ADHD is thoroughly updated to present the most current, empirically supported treatment strategies in cognitive behavioral therapy (CBT) for coping with symptoms of adult ADHD--"

ADHD Workbook for Kids

This workbook lays out a clear, step-by-step program parents and teachers can follow to control ADD misbehavior and help children succeed in the classroom and at home. Described are six tools every parent and teacher can use to effectively manage the beha

Adhd, Executive Function & Behavioral Challenges in the Classroom

Written for attention deficit hyperactivity disorder (ADHD) sufferers yet useful for anyone wishing make better use of their time, this book is abundant with effective strategies for combating problems related to inattention, procrastination, disorganization, mismanagement of time, and poor planning. It begins by carefully explaining the neurologic underpinnings of ADHD and focusing on specific executive functions—the brain-based processes that assist in planning, initiating, and carrying out tasks to complete projects. Then using exercises designed to identify areas that need addressing, it aims to "tune up" these executive functions for maximum productivity. In contrast to many books on ADHD, which can have good ideas but lack practical ways to apply them in everyday life, this guide includes specific recommendations for improving distractibility, working memory, attention, organization, time management, and response inhibition deficits. With strategies based in the science of how the ADHD brain processes information, this reference bridges the gap between knowledge and action.

Organizing Solutions for People with ADHD, 2nd Edition-Revised and Updated

Combining the latest research evidence with the authors' practical expertise, Helping Children with ADHD offers a complete intervention programme for flexibly delivering behavioural and cognitive interventions to children aged 6-12 with ADHD and associated conditions. Redefines and develops best practice in the application of cognitive and behavioural techniques to help children aged 6-12 with ADHD and associated comorbid conditions, including learning difficulties Offers a range of engaging resources within a pragmatic and practically-focused approach; modular structure allows the interventions to be selected and tailored according to the particular age, ability and needs of the individual child An appendix of entertaining stories about Buzz, a boy with ADHD, provides structural narrative while also teaching core skills in areas such as keeping calm, planning, managing impulsivity and dealing with anxiety Straightforward, accessible language allows the techniques to be used by those without expert clinical training; dedicated sections provide advice for using the approach in school, home and group contexts A companion website provides downloadable materials including illustrated patient worksheets to accompany the narrative stories

Thriving with ADHD Workbook for Teens

The Parent's Assistant, Or, Stories for Children

Putting on the Brakes Activity Book for Kids with ADD Or ADHD

ADHD is estimated to affect about 6-7% of people aged 18 and under when diagnosed via the DSM-IV criteria. When diagnosed via the ICD-10 criteria rates in this age group are estimated at 1-2%. Children in North America appear to have a higher rate of ADHD than children in Africa and the Middle East; this is believed to be due to differing methods of diagnosis rather than a difference in underlying frequency. If the same diagnostic methods are used, the rates are more or less the
same between countries. It is diagnosed approximately three times more often in boys than in girls. This difference between sexes may reflect either a difference in susceptibility or that females with ADHD are less likely to be diagnosed than males.

Fire Child, Water Child

All kids with attention-deficit hyperactivity disorder (ADHD) want to manage their symptoms in order to get along better with others, build confidence, and succeed in school, but most don't have the skills they need to get their impulsive behavior under control. The ADHD Workbook for Kids offers a simple way to help children with ADHD learn these critical skills in just ten minutes a day. This workbook includes more than forty activities for kids developed by child psychologist Lawrence Shapiro that can help your child with ADHD handle everyday tasks, make friends, and build self-esteem while he or she learns to overcome the most challenging aspects of the disorder. Alone or with your help, your child can complete one ten-minute activity each day to learn how to make good decisions and discover easy techniques for staying focused when it's time to pay attention. Includes activities to help your child: Become a good listener and a good friend Make school easier

Mindfulness for Kids with ADHD

Mindfulness for Kids with ADHD is a simple, step-by-step guide that teaches kids the fundamentals of mindfulness and how to incorporate these skills into their daily routine. Written by Dr. Susan Shapiro, an expert in the field of mindfulness and ADHD, this workbook is designed to help children with ADHD become more present and focused. It includes guided meditations, journaling exercises, and practical activities that can be done at home, at school, or on the go. With mindfulness, children with ADHD can learn to regulate their emotions, improve their concentration, and develop stronger self-awareness.

ADHD Workbook Coloring Book

Practical ADHD management techniques for parents and teachers The ADHD Book of Lists is a comprehensive guide to ADHD/ADD, providing the answers parents, teachers, and other caregivers seek in a convenient list format. This new second edition has been updated with the latest research findings and resources, including the most up to date tools and strategies for helping these children succeed. Each aspect of ADHD/ADD is fully explained, from diagnosis to intervention, providing readers with the insight they need to make the best choices for the affected child. Coverage includes the latest medications and behavioral management techniques that work inside and outside the classroom, plus guidance toward alleviating individual struggles including inattention, impulsivity, executive function and subject-specific academic issues. Readers learn how to create a collaborative care team by bringing parents, teachers, doctors, therapists, and counselors on board to build a comprehensive management plan, as well as the practical techniques they can use every day to provide these children the support they need to be their very best. Attention Deficit/Hyperactivity Disorder cannot be cured, but it can be managed successfully. This book is an insightful guide to supporting children and teens with ADHD, and giving them the mental, emotional, and practical tools that boost their confidence and abilities and enable them to thrive. Investigate comprehensive treatments, including ADHD coaching Learn strategies for strengthening organization, working memory and other executive functions. Understand effective classroom management of students with ADHD Discover ways to help struggling children succeed despite the challenges. The ADHD Book of Lists is the complete easy-to-reference guide to practical ADHD management and will be a go-to resource for parents, teachers, clinicians, and others involved in the care and education of students with ADHD.

The Anxiety Workbook for Kids

If you're one of the 10 million American adults with Attention Deficit Hyperactivity Disorder (ADHD), every day is a struggle to keep your home, your office, your electronics, and your calendar organized. Organizing Solutions for People with ADHD, 2nd Edition—Revised and Updated presents a simple but effective, long-term solution to get you back in control of your life. Written by professional organizer Susan Pinky, it outlines a practical, ADHD-friendly organizing approach that emphasizes easy maintenance techniques and methods for maximum efficiency, catering to the specific needs of the ADHD population. Susan's practical solutions address the most common organizing dilemmas among her ADHD clientele, while also drawing on her own personal experience as the mother of a child with ADHD. Color photos, useful tips, and bulleted lists make this a quick and manageable read, no matter how fleeting your attention span. Armed with this unique, step-by-step approach to organizing, you'll receive the tools and the knowledge you need to eliminate stress from your home and lead a happier, healthier, more organized life.

ADHD Workbook for Kids: A Life Guide for Kids About ADHD

ADHD (Attention Deficit Hyperactivity Disorder) isn't your everyday kind of childish sugar-induced hyperactivity. It has gone so far as to be considered a disorder. As such, it can be quite cumbersome for a busy parent to follow around a child that runs amok in reckless abandon. This beginner's guide will help you to understand all there is to know about ADHD, what adverse, long-term effects it can have on your child, and how you can mitigate its symptoms so your child can grow to his or her full potential unimpeded by ADHD. In this guide you will discover What ADHD is How to identify ADHD in your child Signs and symptoms of ADHD The Causes of ADHD What a Behavioral Management Plan is How to Manage ADHD with a sample Meal Plan What foods you should and should not feed your child. 10 Curated Therapeutic Worksheets for ADHD
Helping Children with ADHD

For kids with ADHD, reading Journal of an ADHD Kid is a chance to get to know themselves (and their diagnosis) much better! Toby, the narrator, relates his experiences coping with life as an ADHD kid in an authentic kid's voice that is sometimes funny, sometimes exasperated, sometimes proud, illustrating the range of emotions that kids with ADHD/ADD feel. The book provides information in a frank, upbeat, conversational manner and offers thought-provoking questions designed to help readers recognize how ADHD/ADD affects them and then come up with better ideas for handling difficult situations in their own lives. From facts about an ADHD diagnosis to whether to tell friends and teachers, and from understanding both the good and bad aspects of ADHD to what can help with the disorder, there's plenty of solid information, emotional support, and tips for kids and teens.

Mastering Your Adult ADHD

Your teen years are a time of change, growth, and—all too often—psychological struggle. To make matters worse, you are often your own worst critic. The Self-Compassion Workbook for Teens offers valuable tools based in mindfulness and self-compassion to help you overcome self-judgment and self-criticism, cultivate compassion toward yourself and others, and embrace who you really are. As a teen, you're going through major changes—both physically and mentally. These changes can have a dramatic effect on how you perceive, understand, and interpret the world around you, leaving you feeling stressed and anxious. Additionally, you may also find yourself comparing yourself to others—whether its friends, classmates, or celebrities and models. And all of this comparison can leave you feeling like you just aren't enough. So, how can you move past feelings of stress and insecurity and start living the life you really want? Written by psychologist Karen Bluth and based on practices adapted from Kristin Neff and Christopher Germer's Mindful Self-Compassion program, this workbook offers fun and tactile exercises grounded in mindfulness and self-compassion to help you cope more effectively with the ongoing challenges of day-to-day life. You'll learn how to be present with difficult emotions, and respond to these emotions with greater kindness and self-care. By practicing these activities and meditations, you’ll learn specific tools to help you navigate the emotional ups and downs of the teen years with greater ease. Life is imperfect—and so are we. But if you’re ready to move past self-criticism and self-judgment and embrace your unique self, this compassionate guide will light the way.

Cbt Toolbox for Children and Adolescents

In The ADHD Workbook for Kids, an internationally-recognized child psychologist presents more than forty ten-minute games and activities children with ADHD can do to learn to make friends, gain confidence, and manage out-of-control behaviors.

The ADHD Workbook for Kids

Build focus, organization skills, and self-confidence—the ADHD workbook for teens. Does it feel hard to stay organized sometimes? Do homework assignments sneak up on you? Having ADHD can feel overwhelming—but it doesn't have to. Thriving with ADHD Workbook for Teens gives you the tools to understand how ADHD works within your body, and actionable ways that you can use it to your advantage. Learn about some of your untapped strengths and see how you can channel your newly identified talents at school, in sports, and with friends. Inside Thriving with ADHD Workbook for Teens you’ll find: Be your own CEO—Understand how your executive functions work to help you organize, plan, react, and more. Frequently asked, always answered—A Q&A section provides answers to a ton of common questions that others with ADHD have. Advice you can use—Everyday tools give you simple but effective strategies for approaching everyday things like homework, friends, and sports. Learn how you can thrive with ADHD through these engaging, everyday activities.

Mindfulness for Teens with ADHD

Raising a child with ADHD can be distressing and exhausting for the whole family. But given the appropriate knowledge, and the right tools, parents can intervene to manage their child's behaviour, leading to improved relationships at home and, it is hoped, a more successful time at school. This simple, flexible six-step programme is full of tried-and-tested ideas for parents and professionals supporting families of young children with ADHD. By practicing the techniques and strategies, parents will gain confidence in their parenting and, over time, will improve the child's management of the condition. The programme includes games that will help improve the child's attention, exercises to develop patience and tips for supporting the child in successful self-organization. There are also plenty of useful ideas for developing communication between parents and schools. Based on research and extensive clinical experience, Step by Step Help for Children with ADHD will help families to adapt their parenting to the child, improving relationships and behaviours in the home and at play group.

50 Activities and Games for Kids with ADHD

Does your child have OCD? In this much-needed Instant Help workbook, kids will learn to identify obsessions and compulsions, understand them, and use simple tools based in exposure and ritual prevention to cope with and overcome this difficult disorder. If your child has obsessive-compulsive disorder (OCD), he or she may suffer from obsessive thinking, use rituals to soothe anxiety, and act compulsively in ways that are disruptive and sometimes harmful. As you know all too well, OCD can greatly interfere with school, friends, and home life. So, how can you help your child be their very best? With this evidence-based workbook for kids, your child will learn how and why they struggle, and gain a greater understanding of what OCD is by identifying common symptoms, including contamination concerns, fear of harm, need for order/symmetry, and excessive doubting. Your child will then be gently guided to name their own symptoms and rate the extent to which each symptom causes them anxiety. The workbook also provides a framework for children to apply exposure and ritual prevention strategies to anxiety-provoking situations independently or with help from you or a caregiver. Detailed instructions for completing exposure exercises will be covered, including how long exposures should last, and how often they should be repeated. Finally, the workbook will show you and your child how to build a solid support system of family, friends, teachers, and professionals to aid you in managing OCD symptoms and building a lifestyle that will help you both deal with your child's symptoms more effectively. If your child's OCD is holding them back from living the happy childhood you want for them, this easy-to-read and practical workbook can help them cope with symptoms and really thrive—at home, in the classroom, and well into adulthood.

Take That Nursing Home and Shove It!

Offers techniques for helping chronically inflexible children, shows how brain-based deficits contribute to these problems, and suggests ways to calm things down.

The Prophetic Pictures (From "Twice Told Tales")
Smart but Scattered

Putting on the Brakes Activity Book for Kids with ADD or ADHD is an expanded and updated edition of the classic, best-selling workbook. This essential resource covers almost every area in a kid's life affected by AD/HD. Fun activities teach kids to manage attention problems and helps them in setting priorities, planning, and maintaining control of their day-to-day activities. With this book, kids put their understanding of AD/HD into action and become empowered to use new skills and to be in charge their AD/HD.

Understand Your Brain, Get More Done

As a parent, you already know that your child has many gifts. What you may not know is that attention-deficit hyperactivity disorder (ADHD)-related symptoms-the very qualities that lead him or her to act out and distract others-may be among them. This second edition of The Gift of ADHD includes compelling new research indicating that the impulses that lead your child to act exuberantly may correspond with unusual levels of creativity and a heightened capacity for insight into the feelings and emotions of others. Could it be that ADHD is not a hindrance, but an asset in our fast-paced digital age? ADHD expert Lara Honos-Webb presents the evidence for this revolutionary concept and explains how you can help your child develop control over inattentive, hyperactive behavior and enhance the five gifts of ADHD: creativity, attunement to nature, interpersonal intuition, energetic enthusiasm, and emotional sensitivity. Filled with easy skill-building activities you and your child can do together, this book will help your child transform problematic symptoms into strengths, then build the self-esteem they need to let those gifts shine.

ADD/ADHD Alternatives in the Classroom

Offers different approaches for teaching ADD/ADHD children, including incorporating imaginative journeys, bodily-kinesthetic cues, posters, drama, and dances into the curriculum.