



ADHD 101: A Guidebook for Parents

Greg Romaneck

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ADHD 101 provides parents and educators with practical tips drawn from a combined fifty years of professional practice aimed at helping children and adolescents with this disability better perform in their daily lives. Each chapter of this useful book is geared toward offering pragmatic strategies that are designed to help both the youngsters manifesting ADHD and their families. In ADHD 101 readers will find suggestions on how to select a counselor. Pages are dedicated to the important subject of preparing for important school meetings & staffings. Another section of ADHD 101 is dedicated to coping with the stress that a child with attentional needs can create. In another chapter readers can discover ways to handle the conflict that can result within a family struggling to meet the needs of a child with ADHD as well as those of the entire family. Other topics in this valuable book include disciplinary approaches, resources, further readings, legal rights, and tips on how to win friends and influence people within the school setting. All in all, ADHD 101 is a book that combines a solid research base with practicality drawn from the professional and personal experiences of its authors. ADHD 101 is a book that should find space on the personal bookshelf of any parent or educator interested and involved in this pressing subject. ADHD 101 provides parents and educators with practical tips drawn from a combined fifty years of professional practice aimed at helping children and adolescents with this disability better perform in their daily lives. Each chapter of this useful book is geared toward offering pragmatic strategies that are designed to help both the youngsters manifesting ADHD and their families. In ADHD 101 readers will find suggestions on how to select a counselor. Pages are dedicated to the important subject of preparing for important school meetings & staffings. Another section of ADHD 101 is dedicated to coping with the stress that a child with attentional need

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