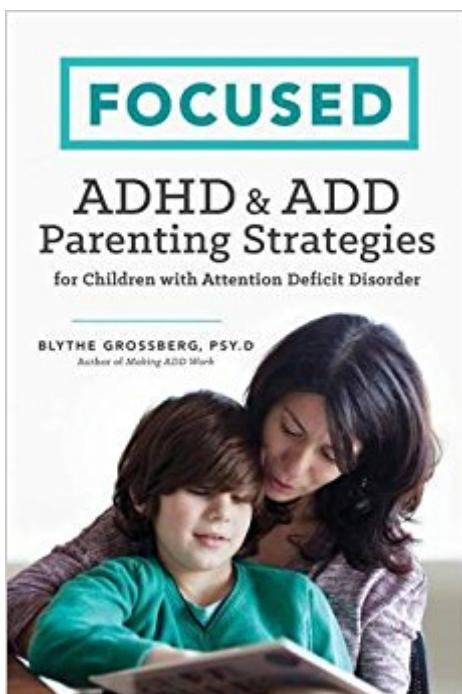


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# Focused: ADHD & ADD Parenting Strategies For Children With Attention Deficit Disorder



## Synopsis

Equip Yourself with Practical Strategies to Help Your Child Manage ADHD from Preschool to Adulthood Written by an expert with over 15 years of experience in treating adult ADHD and ADHD in children, Focused offers essential information to empower parents and provide immediate assistance. Learn to uncover your child's considerable strengths and work around their obstacles with concrete, actionable strategies that improve executive functioning, support emotional development, and promote positive behavior. A concise overview of attention deficit disorder in children and their different treatment options Over 40 parenting strategies targeting common ADHD challenges like hyperactivity and inattention Modification tips for adapting strategies to your child's unique needs Helpful tools like a quiz and worksheets to supplement your ADHD treatment plan Valuable parenting principles and advice for becoming your child's best advocate

## Book Information

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## Customer Reviews

Praise for Blythe Grossberg & Making ADD Work "In the book, she offers strategies and skills for staying focused at work, finding the right job and maximizing strengths." cAnita Bruzzese, Gannett News Service on Making ADD Work: On-the-Job Strategies for Coping With Attention Deficit Disorder "Grossberg interviewed hundreds of adults with ADD, from office workers and ADD coaches to CEOs and entrepreneurs, and she fills her book with their inspiring stories. If you benefit from reading about others, Making ADD Work can help you develop the confidence to see success as a possibility." cMichele Novotni, Ph.D, ADDitude magazine Praise for Blythe

**Grossberg & Applying to College for Students with ADD or LD** Applying to college is an exercise fraught with angst for most high-school students, but those with learning disabilities have an even more difficult challenge trying to find a school that fits. This excellent book guides kids through the process, hitting all the issues that might come up. Beginning with an encouraging introduction, Grossberg then lays out the path to moving through the application process, which she expands upon in subsequent chapters. An early emphasis on figuring out strengths and weaknesses leads to a section on organization: what to do in your junior year, senior year, and the summer before college. Each time-frame is broken down into specific tasks, such as taking standardized tests and writing college essays, which are also explained in detail. Tracking charts will be helpful for kids who need to visualize their progress, and while there are a few fill-in-the-blank pages, those could be photocopied by libraries. There's such good advice in this including wiping your social networking pages clean that teens without ADD or learning disabilities will find this eminently useful, too. Grades 10-12. --Ilene Cooper, Booklist "This is a much-needed and hugely useful book. I recommend it most highly." --Ned Hallowell, MD, Harvard Medical School Founder, The Hallowell Centers; Author, *Married to Distraction: Restoring Intimacy and Strengthening Your Marriage in an Age of Interruption*"Dr. Grossberg employs a friendly, engaging, and comprehensive approach to outlining the many aspects of the college application process for LD and ADD students. She deftly takes on the many components and helps the reader to clearly understand when, and how the college admissions steps can be successfully taken." --Carl P. Thum, PhD, Director, Academic Skills Center and Integrated Academic Support Program, Dartmouth

Blythe Grossberg, Psy.D, is the author of *Making ADD Work* and a number of other books about ADHD, learning disabilities, and Asperger's. A learning specialist in New York City, she helps children and adults with ADD and ADHD improve their performance in school and at work.

My god son has ADHD and this book is helping me understand it better, helping me help his mom understand him better. We are working out ideas from the book on how to help him become all he can be.. I am sure many people have had the same ill conceived notion that she had.. this book helps get rid of the myths that others have told her and is helping us put together a plan that helps him understand him. If you start young you can get them to understand they are different not in a bad way but that they just have to do things differently and this book give solid suggestion of these ways. I was very lucky to have received this in exchange for my honest and unbiased review. I love it and am very happy to provide my opinion after getting it and testing it out.

I have been around ADHD but i never really understood it completely but since getting this book i have found a greater understanding. This book tells you how to recognize it and know that you are not to blame for this either. I found this is a great read as well all could learn more about this disorder. The parenting strategies is very helpful to over come every day challenges.I got this free as part of a product review but this is still solely my own opinion.

This book ADHD & ADD Parenting Strategies has been very informative! I do not have first hand experience with anyone diagnosed with ADHD or ADD, so before reading this book, I knew very little about either of these. In this book you will learn more about common myths and the truth of ADD and ADHD and how to help your child or loved one cope and grow to become successful. The book also discusses helpful tips such as therapy, diets and different medications. This book is organized by age ranges: preschool age children, school age, teenagers, and adults. Each age group has lists of several different strategies or therapies that can be used to help your loved one! After reading this book I now have a greater understanding of ADD and ADHD as a whole. If you may think your child or loved one has ADD or ADHD or if they have already been diagnosed, this is a great book to help cope and teach you ways to handle everyday situations that may seem impossible at the time! I highly recommend this book, there is a lot of helpful insight that could really help you and your loved one!\*\*I was fortunate enough to receive this book in exchange for my honest unbiased review!

I have to admit that I never fully understood exactly what ADHD and ADD were. I knew what they stood for, but there wasn't much information that I could give beyond that. This book has helped me to gain a better understanding of these disorders. The book covers several different aspects of ADD and ADHD, including what it is, how they're diagnosed and treated, as well as parenting strategies to deal with it. It also discusses the importance of communication between parents and others (teachers, friends, etc.). What really stood out to me in this book were the myths about these disorders. Many people believe that ADHD and ADD aren't real disorders, but that they are caused by improper parenting. I love that the book goes on to address this issue and explain it a little more in depth. It also mentions how the symptoms can vary from person to person and from children to adults. The book is incredibly informative and the tips, directions, and suggestions are likely to be helpful to those who are in need of better parenting strategies.\* Product provided for review without cost. All opinions are my own.

As an adult with ADD I was so glad that I got this book to read and educate myself further, back in the 80's and 90's being educated about these diseases was pretty much non-existent and learning helpful coping tips was unheard of. This book covers it all from getting the official diagnosis to finding treatments whether it be counseling, medications, therapy, special education etc. It gives helpful tips of coping as a parent of someone with ADHD I can tell you any sort of "parenting hack" doesn't work for us and we need to give extra time, dedication, one on one treatment and really to get down on their level. It teaches modification tips for adapting to their needs, and helping them calm when in a hyperactive situation. It goes in depth into the treatment options available and support for us parents as well. I give this book a five star rating and will be re-reading it again so that I may keep the tips fresh in my mind. I am so thankful I got this free in exchange for my unbiased review.

I am so glad I got this book. I actually got it for my son. My 6 year old grand-daughter was just recently diagnosed with ADHD. This book helps my son and myself know what to expect. This book tells you ways to help your child through this. It is a very easy to read book and very informative. The book tells about different types of therapy, medication, and diets to try. The book also lists the myths about ADHD and ADD. I would definitely recommend this book for anyone dealing with these diagnosis. I received this book for my honest and unbiased opinion.

If your child or family member has been recently diagnosed with ADHD or ADD, I definitely recommend *Focused* by Blythe Grossberg, PSY.D. With over 15 years experience in the field she uses her passion to guide parents and arm them with the tools to help their children be successful in life. *Focused* uses their unique way of thinking and strengths to lessen presentations and allow them to reach full potential. This book is filled with so much useful and genuine information from basic symptoms to discussing cognitive behavioral therapy as well as individualized sections by age. I can definitely see this as a helpful and empowering read for someone who has just received the diagnosis and is now wondering where to go from here. I received this in exchange for a fair and honest review.

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