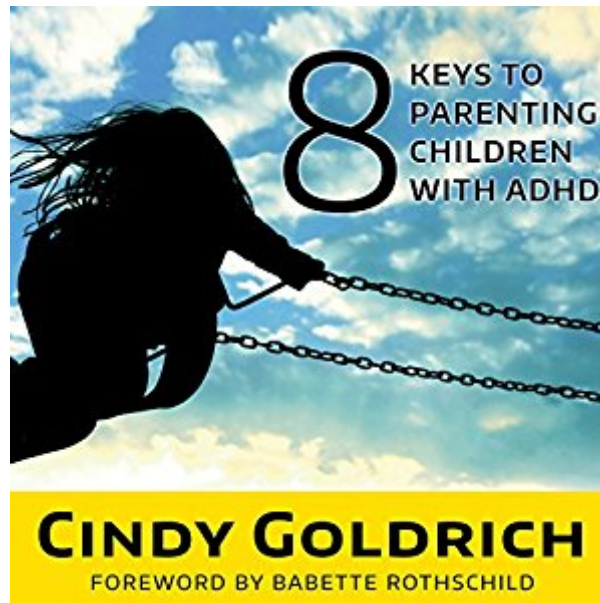




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# 8 Keys To Parenting Children With ADHD



## Synopsis

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. 8 Keys to Parenting Children with ADHD 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", noted therapist Cindy Goldrich offers advice to help listeners tailor their parenting to meet the needs of their unique child. This book also helps 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.

## Book Information

Audible Audio Edition

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## Customer Reviews

Informative and helpful. The first few chapters of the book were of more value than the latter part of the book.

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.

Awesome book. Tons of great and useful information.

Great tips and practical!

Highly recommend this book for any parent raising a child with ADHD! Lots of helpful tips and information.

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!

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

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

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ADHD: A Mental Disorder or A Mental Advantage (2nd Edition) (ADHD Children, ADHD Adults, ADHD Parenting, ADD, Hyperactivity, Cognitive Behavioral Therapy, Mental Disorders) ADHD Guide Attention Deficit Disorder: Coping with Mental Disorder such as ADHD in Children and Adults, Promoting Adhd Parenting: Helping with Hyperactivity and Cognitive Behavioral Therapy (CBT)

What to Expect When Parenting Children with ADHD: A 9-step plan to master the struggles and triumphs of parenting a child with ADHD 8 Keys to Parenting Children with ADHD (8 Keys to Mental Health) The Insider's Guide to ADHD: Adults with ADHD Reveal the Secret to Parenting Kids with ADHD ADHD Diet For Children: Recipes and Diet to Help Your Child Focus, Perform Better at School, and Overcome ADHD For Life (ADHD Diet) 8 Keys to Parenting Children With ADHD Parenting ADHD Now!: Easy Intervention Strategies to Empower Kids with ADHD Bringing Up B&B: One American Mother Discovers the Wisdom of French Parenting (now with B&B Day by Day: 100 Keys to French Parenting) Survival Strategies for Parenting Children with Bipolar Disorder: Innovative Parenting and Counseling Techniques for Helping Children with Bipolar Disorder and the Conditions that May Occur with It Keys to Successful Stepfathering (Barron's Parenting Keys) ADHD Without Drugs - A Guide to the Natural Care of Children with ADHD ~ By One of America's Leading Integrative Pediatricians Mindful Parenting for ADHD: A Guide to Cultivating Calm, Reducing Stress, and Helping Children Thrive Focused: ADHD & ADD Parenting Strategies for Children with Attention Deficit Disorder Parenting Children with ADHD: 10 Lessons That Medicine Cannot Teach (Lifetools: Books for the General Public) Growing Up Again: Parenting Ourselves, Parenting Our Children The ADHD and Autism Nutritional Supplement Handbook: The Cutting-Edge Biomedical Approach to Treating the Underlying Deficiencies and Symptoms of ADHD and Autism ADHD & The Focused Mind: A Guide to Giving Your ADHD Child Focus, Discipline & Self-Confidence All About ADHD: A Family Resource for Helping Your Child Succeed with ADHD Adhd: How To Parent A Happy, Healthy Child With ADHD

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