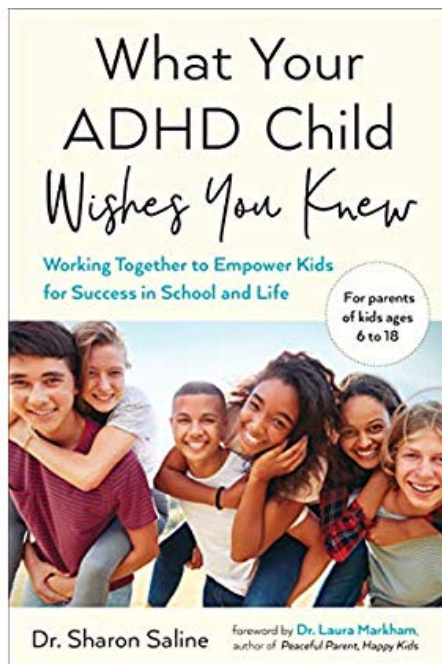


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Description

â€œShort enough for a busy parent to actually read and use; utterly reliable and authoritative but never pedantic; wise, kind, and teeming with the chirping voices of children who have ADHD; this cornucopia of a book will feed you over and over again. Wonderfully written, infused with positive energy and solid information. All parents of children who have ADHD should buy it.â€”**Edward Hallowell, MD, bestselling author of *Delivered from Distraction*** â€œWe have many effective treatments and strategies to help kids with ADHD better manage daily life, but this book will provide that equally important intervention: feeling understood. I love how this book helps parents create a deeper relationship with their kids so that the whole family can thrive.â€”**Ari Tuckman, PsyD, MBA, Author of *More Attention, Less Deficit* and *Understand Your Brain, Get More Done*** â€œDr. Saline helps parents understand the negative and positive thought patterns in their families, expose the components of unhelpful behaviors and, then, using her 5 Câ€™s approach, guides them toward workable solutions. I highly recommend this book to assist parents in tuning up their abilities to see and hear their childrenâ€™s signals more accurately, untie the knots of miscommunication, and improve everyoneâ€™s coping strategies for living with ADHD.â€”**Aaron T. Beck, M. D., Psychiatrist and Professor Emeritus University of Pennsylvania, Perelman School of Medicine**â€œWhen I give presentations for parents of children with ADHD and executive skill challenges, my message to them is Most of these kids turn out fine! This book is an excellent blueprint for parents who want to make that happen. Dr. Saline is a skilled therapist who has learned to listen to her clients. This book teaches us to do the same.â€”**Peg Dawson, Ed.D., Psychologist and author of *Smart but Scattered*** â€œDr. Saline provides compassionate, consistent and comprehensive guidance around the broad impact of ADHD on individuals and families.â€”Her 5 Câ€™s provide a practical foundation for overcoming the wide-ranging challenges of living with ADHD.â€”**Mark Bertin MD, Developmental Pediatrician and author of *How Children Thrive* and *Mindful Parenting for ADHD*** â€œDr. Sharon Saline is a rare commodity â€” a psychotherapist who listens.â€”Not only

does she understand complex kids, but she speaks to parents in a kind, straightforward, clear way that helps them improve their communication with their kids “ in the heat of the moment, when they need it most. Creatively developed, constructive in its advice, and compassionately written, this is the kind of book I™d recommend to the parents in my community.” • **Elaine Taylor-Klaus, co-founder of ImpactADHD.com and author of *Parenting ADHD Now*** “ Dr. Saline does an excellent job of bringing compassion and insight to address the struggles children with ADHD face. She infuses each