



Parenting Children with ADHD: 10 Lessons That Medicine Cannot Teach (APA Lifetools)

Vincent J. Monastra

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Kids with ADHD need to be loved and shown how to become successful adults. Unfortunately, their lack of attention and restlessness often get in the way. Parents of these kids try so hard to stay connected and remain patient in the face of daily frustration. However, it is an incredible challenge to remain positive and involved when your child does not respond to the kinds of strategies that work for other children. Without guidance and systematic treatment, these bright, inquisitive children are unlikely to graduate from high school, are more prone to use illegal drugs, and struggle to maintain employment as adults.

Parenting Children With ADHD: 10 Lessons That Medicine Cannot Teach gives parents a framework for building a successful parenting program at home. Drawing from his experiences in evaluating and treating thousands of children and teens with ADHD, Vincent Monastra presents a series of ten lessons that are essential for promoting the success of kids with ADHD. In simple language, Monastra explains the causes of ADHD and how nutrition, medication and certain therapeutic procedures can improve attention, concentration, and behavioral control.

Recognizing the importance of school success, Monastra also reviews the educational rights of children with ADHD and outlines a process for working with school districts to get your child the help they need. Beyond this foundation, Monastra describes non-confrontational ways to teach your child essential life skills like organization, problem-solving, and emotional control. Through guiding principles like "Work for Play" and "Time Stands Still", Monastra ends the struggle for control and helps children learn that in life you need to "earn your play" and apologize and "make amends" when you do something that hurts another person (or makes their life more difficult).

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