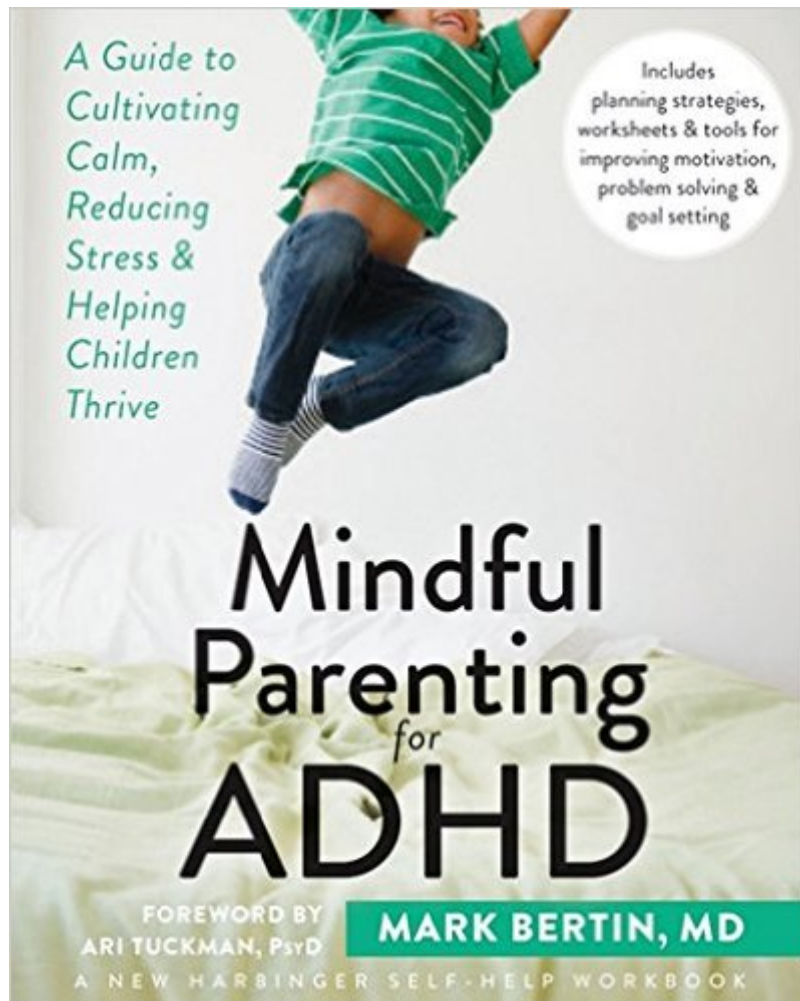


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# Mindful Parenting For ADHD: A Guide To Cultivating Calm, Reducing Stress, And Helping Children Thrive



## Synopsis

Written by a pediatrician and based in proven-effective mindfulness techniques, this book will help you and your child with attention deficit/hyperactivity disorder (ADHD) keep calm, flexible, and in control. If you are a parent of a child with attention deficit/hyperactivity disorder (ADHD), you probably face many unique daily challenges. Kids with ADHD are often inattentive, hyperactive, and impulsive, since ADHD affects all of self-management and self-regulation. As a result, you might become chronically frustrated or stressed out, which makes caring for ADHD that much harder. In this book, a developmental pediatrician presents a proven-effective program for helping both you and your child with ADHD stay cool and collected while remaining flexible, resilient, and mindful. Bertin addresses the various symptoms of ADHD using non-technical language and a user-friendly format. In addition, he offers guidelines to help you assess your child's strengths and weaknesses, create plans for building skills and managing specific challenges, lower stress levels for both yourself and your child, communicate effectively, and cultivate balance and harmony at home and at school. If you are a parent, caregiver, or mental health professional, this book provides a valuable guide.

## Book Information

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in [Books > Parenting & Relationships > Special Needs > Disabilities](#) #285 in [Books > Medical Books > Psychology > Pathologies](#)

## Customer Reviews

I have been reading all I can about parenting strategies for kids with ADHD and/or autism for years. And I've been writing about it myself for a while now too. Just when I thought I'd learned it all, Dr. Mark Bertin comes out with the book "Mindful Parenting for ADHD." It's a bit of a game

changer. Please don't judge this book by its title. This is so much more than a book about mindfulness. Dr. Bertin shares many nuggets of wisdom not commonly found in books on ADHD. He understands human nature on a deeper level for parents and children alike, especially those with ADHD in their lives (the book is 100 percent applicable for parents of kids with high functioning autism/Asperger's too). He gets it like few do. As I read, engrossed, I found myself dog-earring dozens of pages, underlining and starring passage after passage. There's so much good stuff in "Mindful Parenting for ADHD!" Not only is it about listening, but about how to talk with your child in a manner that will produce the best possible outcome. It's also very much a book about remaining calm. In that regard, I found the book validating. By the time I reached the end, I was thinking, "Good job, Penny; in working hard to remain calm with Ricochet especially when he's not you're practicing mindfulness, and laying the groundwork for him to use it as well." Dr. Bertin also offers strategies to keep your compass pointed toward the positive. That isn't always easy when parenting kids with ADHD and/or autism, but completely crucial. I promise this book won't disappoint. Penny Williams Author of "What to Expect When Parenting Children with ADHD," "Boy Without Instructions" and "The Insider's Guide to ADHD" (Dec 2015) Parent of 2e teen with ADHD, autism, and LDs ParentingADHDandAutism.com

I received my copy of Mindful Parenting through NetGalley for an honest review. Having a child with ADHD, I am always on the lookout for resources to assist my parenting skills of my child with ADHD. I found this book to be a helpful, fact based resource for parents who might think their child has ADHD. It begins with describing ADHD and its symptoms. Helping parents to assist in diagnosis of ADHD. It continues on with various practice exercises and techniques to use with your child. Also stressing that you yourself can benefit from these exercises. It is a very clear and concise book with helpful and seemingly unbiased information. I would recommend this book to any parent that suspects their child has ADHD or a diagnosed child. Also a very helpful book for Adults with ADHD, teaching and training awareness of your limitations.

This book is outstanding. I received this book from a friend and I am so grateful that I did. I loved Dr. Bertin's first book on ADHD and recommended it to tons of my patient's parents. Dr. Bertin outdid himself with this book. It is a practical guide and it is compassionately written to help the family members get in touch with the strengths of their child. Having a child with ADHD can be challenging and Dr. Bertin guide's parents through a journey of real empathy and understanding to help them find the patience to show their kids how special they really are. The interactive guide parallels the

practical and hands-on approach that kids with ADHD need. Well done again Dr. Bertin! Dr. Carolyn Grosso

As a mother of two boys with ADHD, Dr. Bertin's book has been a remarkable addition to my resource library. His compassion throughout the book is heartfelt, and his tips and tools for mindful parenting are second to none. I highly recommend this book to any parent with a child living with ADHD. It is a positive and non-judgemental book written to encourage, support and teach parents. Definitely add this one to your library!

Reviewed this book when in our Neurological Resource Center library and ordered for my son whose daughter (my grand daughter) was recently diagnosed with ADHD. They said the book had helpful suggestions they could use.

As parent of children with ADHD and as a child psychiatrist I find this book to be a great resource. It provides a great balance of science/evidence based material and a warm, compassionate approach that helps families living with ADHD not just survive but thrive The concise discussions and the worksheets and exercises/practice techniques distinguish this book from others in this field. I have recommended this workbook many times already to families in my practice and I find myself referring to it frequently in my own life as well.

What I like about this book is that it gives practical and pragmatic advice for addressing a lot of the recurrent challenges of parenting a child whose symptoms prevent her from reaching her potential, even though she is obviously bright, capable, insightful and enthusiastic. If you need strategies to help a child who puts great effort into avoiding things that require a type of effort she doesn't find enjoyable, or who begins projects with great determination but has real trouble completing anything, this can be very helpful.

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