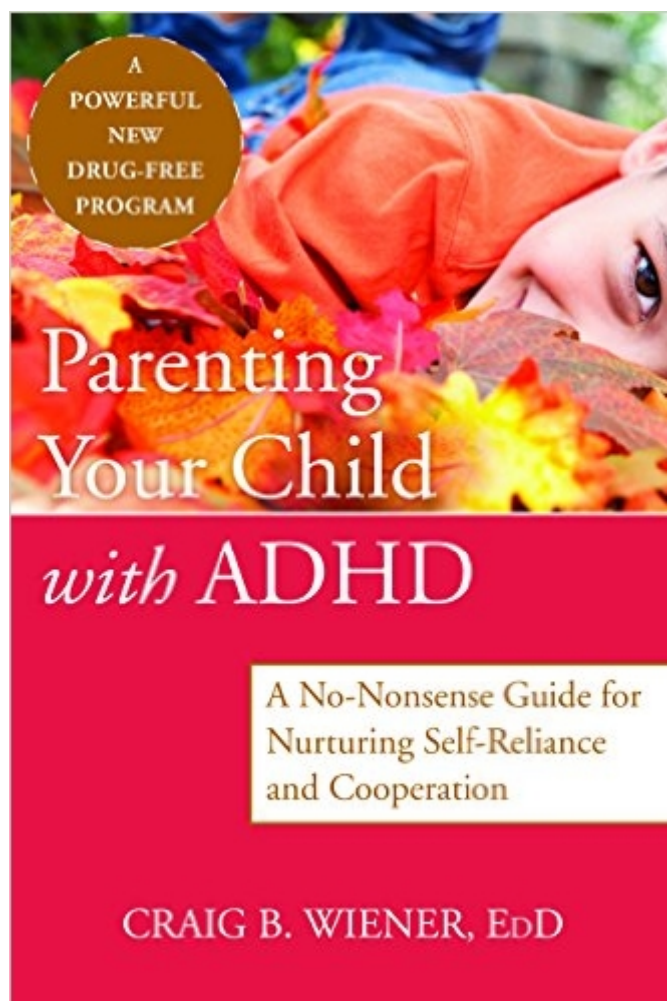


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# Parenting Your Child With ADHD: A No-Nonsense Guide For Nurturing Self-Reliance And Cooperation



## Synopsis

It is now possible for concerned parents to treat their child's attention deficit/hyperactivity disorder (ADHD) without medication. This book shows them how. Written by a supervising psychologist who specializes in child behavioral issues, *Parenting Your Child with ADHD* presents a groundbreaking program for parents seeking to reduce their child's inattention, hyperactivity, and impulsivity and strengthen his or her capacity for self-reliance and cooperation. This unique program promotes positive ways of interrelating and shows parents the five main ways they may have unwittingly reinforced ADHD symptoms in the past. Far from encouraging parents to strictly manage ADHD children, this approach promotes independence in kids so that less discipline and surveillance is necessary. Specifically, this book helps parents promote cooperation by phrasing their requests in specific ways, reduce pressure on their child, and acknowledge the child's preference as a way to make cooperation a more attractive choice to him or her. Parents learn to resolve problems related to messiness, inappropriate silliness and intrusiveness, chores and helping family members, coordinating schedules, sneaking and stealing, noise and yelling, and overreacting. The second part of the book moves on to issues that take place outside the home, such as shopping excursions, family outings, and travel. Finally, parents learn ways to increase their child's independence and cooperation with schoolwork and compliance in the classroom environment. The child learns the value of being knowledgeable without the motivation of punishment or gift rewards.

## Book Information

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## Customer Reviews

Read this book...even if your kids aren't ADHD! Gives great tips on helping all children become more independent, more resilient and less reliant on parents' nagging. Based on the premise of mutual respect, consistency and cooperation. Great place to start if you realize 'something needs to change' with family dynamics!

Craig Wiener's new book, 'Parenting Your Child with ADHD', is a must read for any parent with children. The book is an easy read with a wealth of common sense offerings that can help any parent with 'the job at hand'. Whether you feel your child has a current behavior issue or not, Craig Wiener's easy to understand philosophy and techniques are a gift. In fact, I've found that his writings have not only been beneficial with the relationships with my children, but that they have helped me with my dealings with all sorts of adults. My child, had once been diagnosed with ADD and it was recommended that he be put on behavior modification drugs, I rejected that solution and instead have been utilizing Dr. Wiener's advice gleaned from his second book and now this new one. My child is now well behaved, responsible, and a very good student. Thank you Dr. Wiener.!

I have a seven-year-old son whose mother and half-brother have both been diagnosed with ADHD. My son has not been recommended for evaluation, probably because he is gifted, but he does sometimes display behaviors that look like ADHD. This book changed the way I thought about ADHD and how best to approach it. Just last night, we had a family conversation regarding a problem behavior that went much better than I expected--my son remained calm and helped brainstorm solutions--and I can only credit that to our use of the suggestions in this book. In Dr. Wiener's view, ADHD is a set of behaviors that a child has learned to do, rather than a disability. He illustrates this distinct possibility with plenty of examples that anyone who has spent time around children can relate to. But you don't even need to buy into that view to start helping your child change his or her behavior, because Dr. Wiener's guidelines are grounded in cognitive behavioral therapy, which is proven to be effective at helping people change the way they think and behave. This book will help you analyze certain of your child's behaviors. If you can see how sometimes your child's "ADHD" behavior might net him or her certain psychological rewards--via any one of the five A's of attention, accommodation, avoidance, acquisition, and antagonism--you can change the consequences of (i.e., your responses to) that behavior so that it no longer has the same result. When your child learns through experience that he or she can better benefit by using different behaviors, those different behaviors will eventually replace the old ones. Keep in mind, Dr.

Wiener says, that your child isn't necessarily consciously "using" ADHD behaviors to get what he or she wants--it just happens that over time your child has found that certain behaviors usually result in certain desirable consequences (e.g., if your child forgets that she has homework, she can spend more time playing video games), and so these have become habits. Dr. Wiener's stance is that as with any habit, ADHD behaviors can be changed. It may take work and patience, but you will see results! Even if you have already made the choice to medicate your child for ADHD and seen drastic improvement, the behavior change principles in this book still apply and will help your child for the rest of his or her life. After all, one day your child may go off medication or it may no longer be as effective as it once was. Written clearly and intelligently, this book is filled with tips and exercises. It includes easy-to-find sections that outline how you can change the way you talk to your child to let him or her know that his or her behavior is a choice and that you can work together to figure out better solutions. These are great for photocopying and hanging up around the house as reminders. Dr. Wiener emphasizes that when you treat your child as capable of meeting expectations and show this through your words and your actions, your child will grow into bigger roles and responsibilities, whereas if you keep your expectations low your child will continue to be more dependent on you and others. In conclusion, this is a good guide for any parent of a school-age child, because every parent should strive to cultivate certain qualities in their children (e.g., independence, self-reliance, confidence, problem-solving skills, and consideration of others) in order to help mold well-functioning, capable adults. Whether or not your child has been diagnosed with ADHD, the guidelines in this book can help you decrease ADHD-type behavior, help your child meet expectations both in school and at home, and make your lives easier in the long run (improving your relationship with your child in the process, when you no longer have to constantly remind, reward, or punish your child!). Thanks, Dr. Wiener, for helping people look at the problem in a thoughtful new way and creating a very handy resource.

Although the book explicitly addresses parent-child relations -- and does so with a clarity and breadth that no doubt spring from the author's wide experience in family counseling -- it is chunky with insights that apply not only to children but to people in general. Reading the book, I was at times struck by the relevance of its observations to the occasional behavior of even well-adjusted adults. Definitely worth the read!

Having a child with ADHD is no easy feat. Now that I have read this book as well as many other similar parenting titles, I can say wholeheartedly that this author offers new and very useful insight

into parenting the child with ADHD. I have found the techniques in this book easy to apply to my parenting, and highly effective. This work is truly worth your time, and shouldn't take more than a few sittings to digest. It offers easy reading, and a format that is easy to apply to every day situations, including activities to practice with your child and easy to read tables. I look forward to hearing more from Dr. Wiener in future works!

This book was incredibly helpful. It offers parents a way to build self reliance for their children and help them live in the world as competent individuals. It provides parents with practice exercises and makes suggestions for ways to work with your child without coercion and conflict. A must read for all parents!!

NOTE: This is good parenting advice - Not a great ADHD book! hope to offer some helpful advice to those who are parenting a child with ADHD. Inside this book you will find a lot of really good parenting advice - and I was pleasantly surprised to find that we do most of his advice. That being said when my son turned 8, right at the start of 3rd grade we decided to medicate. According to this book, maybe I should not have needed to. I have the feeling this author either a) does not have a child with ADHD, or has an inattentive type child. Which leads me to my main criticism of the book; it does not address that there are different types of ADHD, and so one style of parenting is not going to work on all children. Not addressing or acknowledging there are different personalities so to speak of ADHD can not effectively address to the challenges of different children. I would recomend Driven by Distraction as a great book - and other books that address meeting the needs of different children.

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