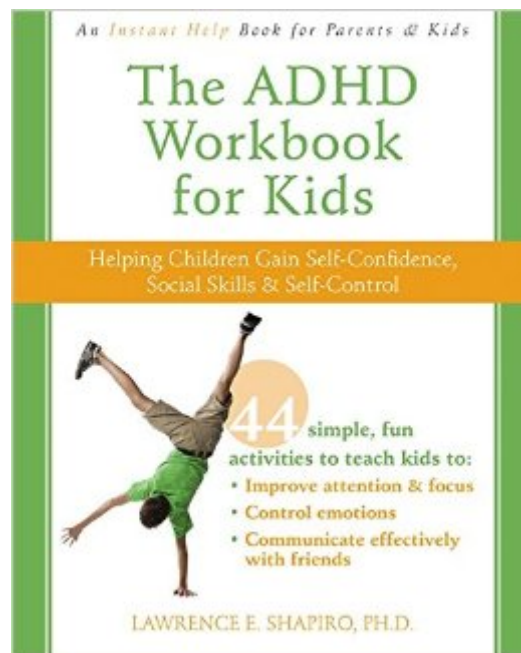


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# The ADHD Workbook For Kids: Helping Children Gain Self-Confidence, Social Skills, And Self-Control (Instant Help)



## Synopsis

All kids with attention-deficit hyperactivity disorder (ADHD) want to manage their symptoms in order to get along better with others, build confidence, and succeed in school, but most don't have the skills they need to get their impulsive behavior under control. The ADHD Workbook for Kids offers a simple way to help children with ADHD learn these critical skills in just ten minutes a day. This workbook includes more than forty activities for kids developed by child psychologist Lawrence Shapiro that can help your child with ADHD handle everyday tasks, make friends, and build self-esteem while he or she learns to overcome the most challenging aspects of the disorder. Alone or with your help, your child can complete one ten-minute activity each day to learn how to make good decisions and discover easy techniques for staying focused when it's time to pay attention. Includes activities to help your child: Become a good listener and a good friend Make school easier and more fun Recognize his or her special gifts and build self-esteem Practice planning ahead and learn responsibility

## Book Information

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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (91 customer reviews)

Best Sellers Rank: #4,739 in Books (See Top 100 in Books) #3 in [Books > Health, Fitness & Dieting > Children's Health > Learning Disorders](#) #6 in [Books > Parenting & Relationships > Special Needs > Disabilities](#) #7 in [Books > Health, Fitness & Dieting > Mental Health > Attention Deficit & Attention Deficit Hyperactivity Disorders](#)

Age Range: 6 - 12 years

Grade Level: Kindergarten - 5

## Customer Reviews

This book has some good activities to help children with ADHD master key skills, but many of the activities are "paper and pencil" and therefore not particularly engaging. Other books on this topic

that I recommend: ADHD: 102 Practical Strategies for 'Reducing the Deficit' Simon Says Pay  
Attention: Help for Children with ADHD Putting on the Brakes: Understanding and Taking Control of  
Your ADD or ADHD

We have found this workbook to have a great variety of topics that are helping our son with many of his area's of need. When he has had a difficult day, we look through the topics, find one that seems most appropriate and work through that section of the workbook together. It has helped him focus on the topics, think through issues, and has helped us discover some of the things that he is thinking and feeling but had not been able to express.

I found this book to be not only useful in helping kids with ADHD but also with parents who wish to help their children cope better in life generally. The book has lots of practical skills, and activities for kids to do, but they are heavily pencil based which maybe difficult for some people. However, they are short exercises, which is great, from decision making, getting organised, dealing with homework, controlling anger to specific behaviour. Many exercises could be done as part of a daily conversation or as a family activity to help reinforce what has been done from the book. Again, I think every family (ADHD or NOT) could benefit from many of these exercises. However there are two points which I think could be improved in this book. 1. The author constantly uses "kids with ADHD, many kids with ADHD, some kids with ADHD", and after a few exercises, it seems to drill into the child/parent that they are ADHD. So I would prefer the author dropped the ADHD label. After all the person understands the reason why they bought this book. 2 The author has many exercises for parents and children to do, but he gives very few examples or answers that some parents could use with younger children. It would be nice to give an example or two. I would recommend this book but you should photo copy the exercises so you can do them again and again.

I am working with middle school students and ordered this by mistake. I meant to order the one for teens. However, I have found that the 6th graders are very receptive to the tasks in the book and find that I am using it more frequently as the year progresses. I will order the one for teens based on my success with the students using this book.

I find this workbook laughable. It's so hard to use this with kids who have ADHD (especially hyperactive) because they're all over the place! I could use this a bit more with my inattentive kids, but it really is not appropriate for the whole spectrum of children who have ADHD.

I bought this book in hopes of using it with a student who has ADHD. Overall, it is a bit too tedious for the 4th grader I got it for. ADHD and a program that is predominately paper-pencil tasks don't really go together.

I use this book as a discussion springboard with my ADHD-type son. I do not make him sit and read alone or write in any of the blanks because as is typical with this type of child, he hates workbooks of any kind. However, as a read aloud and discuss together book, it is wonderful! So many times my son exclaimed "that's like me! I struggle with that!" And I think it makes him feel less alone or strange to read about other people struggling like he does. The advice is somewhat hit or miss for us. We've tried a few strategies that didn't really work for us, and some others that solved problems or alleviated stress, so as with any self help book, take what you can use and discard the rest. I'd love to see more emphasis on the positives of this type of personality, but it is a self help book, so most would go into it looking good to solve problems and issues, not really celebrate the ADHD type personality. As we use it to foster open discussion and try new tools to help us overcome challenges and difficulties, this book does a great job and I'm very pleased with the purchase. Any other use could possibly lead to disappointment, as I'm not sure I know any attention-deficit or hyperactive kid who wants to sit down and do a workbook.

I am a Mobile Therapist for children ages 3-21, many of which are diagnosed with ADD or ADHD. I do not have a Psychology degree, but rather went the Social Work route, so I don't always have the same knowledge base other therapists have when it comes to mental health diagnoses. This workbook has helped me tremendously when working with my clients with ADHD. It has so many useful activities and worksheets that address a whole spectrum of issues that kids face, from impulse control to eating habits to routines. This book is definitely a keeper!

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