



ADHD! What's Next?: Parenting Solutions for Home and School

Gary M Unruh, Eric M Unruh

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Does your child have ADHD? Parenting a child with ADHD isn't easy. But there are two things parents can do to help their child be successful at home and school.

First, gain a deeper understanding of ADHD. ADHD! What's Next? helps parents see there is much more to childhood ADHD than simply inattention, hyperactivity and impulsivity. This book describes ADHD through the riveting story of an ADHD boy named Chad, followed by 19 core descriptors of what ADHD really is - concepts like:

- ADHD kids are unable to be bored.
- ADHD kids are ultra-focused.
- ADHD kids have problems visualizing how long tasks will take.
- ADHD kids get frustrated when told to shift from a stimulating activity to a less stimulating activity.

The second step is to learn tried and tested parenting strategies. The authors walk parents through common challenges they may face with their ADHD child. But more importantly, they share solutions for those common problems; the same solutions they give their clients in therapy and in school staff meetings. In only 125 pages, parents will understand ADHD and acquire proven ways to help their child succeed at home, in school, and in life.

Father and son authors Gary Unruh and Eric Unruh "get it" because they have lived it. They have ADHD themselves and have personally experienced ADHD from both the parent's perspective and the child's perspective. In addition, they are both successful mental health professionals who together have spent 60-plus years helping ADHD kids live up to their full potential. It gives them both great joy helping children with ADHD live happy and healthy lives.

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Edward Olivieri:

This ADHD! What's Next?: Parenting Solutions for Home and School book is not ordinary book, you have it then the world is in your hands. The benefit you will get by reading this book will be information inside this reserve incredible fresh, you will get facts which is getting deeper a person read a lot of information you will get. That ADHD! What's Next?: Parenting Solutions for Home and School without we realize teach the one who looking at it become critical in imagining and analyzing. Don't become worry ADHD! What's Next?: Parenting Solutions for Home and School can bring whenever you are and not make your tote space or bookshelves' turn out to be full because you can have it inside your lovely laptop even cellphone. This ADHD! What's Next?: Parenting Solutions for Home and School having very good arrangement in word along with layout, so you will not truly feel uninterested in reading.

Jorge Raines:

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Rigoberto Hamilton:

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Pamela Eckert:

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