



THE CONSCIOUS PARENT'S
GUIDE TO

ADHD



Rebecca Branstetter, PhD

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AW Chickering

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The Conscious Parent's Guide To ADHD Rebecca Branstetter,2015-12-04 A guide for parents with kids who have ADHD **The Conscious Parent's Guide to Executive Functioning Disorder** Rebecca Branstetter,2016-01-01 Help your child feel confident and capable If your child has been given a diagnosis of executive functioning disorder you may be feeling overwhelmed and unsure of what to do next You want your child to be able to master certain basic skills such as being organized staying focused and controlling impulses and emotions But what if your child is having trouble with one or all of these skills With The Conscious Parent's Guide to Executive Functioning Disorder you'll learn how to take a relationship centered approach to parenting as you help improve your child's executive functioning skills Task initiation Response inhibition Focus Time management Working memory Flexibility Self regulation Completing tasks Organization Conscious parenting is about being present with your children and taking the time to understand how to help them flourish With the strategies and advice in this guide you and your child will build sustainable bonds develop positive behaviors and improve executive functioning skills for life And you'll find that conscious parenting helps create a calm and mindful atmosphere for the whole family while helping your child feel competent successful and healthy **The Conscious Parent's Guide to Autism** Marci Lebowitz,2016 Contains material adapted from The Everything Parent's Guide to Children with Autism 2nd edition by Adelle Jameson Tilton and The Everything Parent's Guide to Raising Mindful Children by Jeremy Wardle and Maureen Weinhardt Title page verso **The Conscious Parent's Guide to Positive Discipline** Jennifer Costa,2016-01-01 Help your child learn self discipline cooperation and responsibility When a child misbehaves the situation can quickly escalate into an uphill battle of yelling tears and resistance on both sides But what if you could avoid all that Conscious parenting is about being present with your child and taking the time to understand the reasons and motivations behind behaviors This relationship centered approach means that you respect your child's point of view as you both learn how to create a mutually beneficially set of behavioral rules By practicing this mindful method you can support your child emotionally and help nurture important social development Parent coach Jennifer Costa teaches you how to Communicate openly with your child about proper behavior Build a supportive home environment Determine your child's behavioral triggers Learn strategies that will help your child feel calm Teach your child long term coping skills Discipline your child without embracing anger With The Conscious Parent's Guide to Positive Discipline you will learn to create a calm and mindful atmosphere for the whole family while helping your child feel competent successful and healthy **The Conscious Parent's Guide to Executive Functioning Disorder** Rebecca Branstetter,2016-02 Contains material adapted from The everything parent's guide to children with executive functioning disorder **ADHD & Teens** Colleen Alexander-Roberts,1995-10-01 ADHD and Teens is a manual of practical advice to help parents cope with the problems that can arise during these years A crash course is offered on parenting styles that really work with teens with ADHD and how these styles allow the teen to safely move from

dependence to independence **Understanding ADHD** William N. Bender,1997 Employs a unique approach that combines the most current research on ADHD with proven practical insights and applied coping strategies This book provides parents and other caregivers responsible for children with ADHD specific strategies to handle a variety of problems they will face Useful for any adult caregiver responsible for children with ADHD **Subject Guide to Books in Print** ,2001 Maybe You Know My Teen Mary Fowler,2001-08-21

From the author of the highly successful *Maybe You Know My Kid* comes a desperately needed follow up the first comprehensive guide for dealing with the unique challenges of raising an adolescent with ADHD Adolescence is a tumultuous turning point for everyone but for teens with attention deficit hyperactivity disorder it can be especially challenging and for some of their parents downright terrifying Predictably stress ensues over inconsistent or poor school performance and over inevitable decisions regarding higher education and life after high school Adolescents with ADHD get more traffic tickets have higher school expulsion and drop out rates and are more likely to experiment with alcohol and drugs *Maybe You Know My Teen* brims with management strategies for parents new to ADHD as well as those who have coped with it throughout their child's life Explaining the roots of the disorder clearly and extensively while discussing situations most likely to cause symptoms to manifest themselves ADHD authority Mary Fowler presents step by step advice along with in depth personal stories and first person advice from leading experts in the field This is the one of a kind lifesaver thousands have been awaiting *Maybe You Know My Kid* Mary Cahill Fowler,1990 A disorder that affects between three and six percent of all children ADHD Attention deficit Hyperactivity Disorder varies in severity and includes a common theme inattentive impulsive restless behavior This book shows that while there is no cure the symptom of ADHD are very treatable

Managing Attention Disorders in Children Sam Goldstein,Michael Goldstein,1990-01-22 Presents practitioners with a comprehensive guide for understanding attention deficit hyperactivity disorder a complex affliction characterized by inattention overarousal hyperactivity and impulsivity Includes a comprehensive overview of the problems encountered by children as well as approaches to school intervention Examines all aspects of evaluation and treatment and offers a model for assessment and a well defined set of guidelines for multidisciplinary treatment services for children with attention disorder and their families Also provides a guide for the prescription and management of medications

Social Work Examination Services Comprehensive Review Notes for State Social Work License and Certification Examinations ,2005 **Exceptional Child Education Resources** ,2002 **The Education Index** ,1990 **Social**

Work Examination Services, Inc. Comprehensive Review for State Social Work License and Certification Examinations Social Work Examination Services,2000 *The ADHD Report* ,2001 **The Complete Learning Disabilities Directory** Grey House Publishing,2007-09 **Spe Sourcebook** Society for Developmental Education,1993-10

Is My Teenager in Trouble? Joseph Rey,2000-03 **Game Play** Charles E. Schaefer,2001 Shows how playing games can promote socialization encourage the development of identity and self esteem and help individuals master anxiety while

setting the stage for deeper therapeutic intervention in subsequent sessions Cover

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