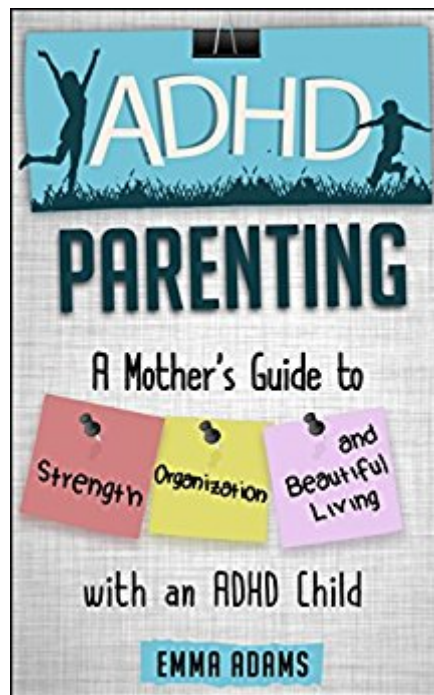




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# ADHD Parenting: A Mother's Guide To Strength, Organization, And Beautiful Living With An ADHD Child



## Synopsis

ADHD Parenting: A Mother's Guide to Strength, Organization, and Beautiful Living with an ADHD Child

Has your child's Attention Deficit Hyperactivity Disorder (ADHD) diagnosis thrown you into a panic? Or into sudden despair? Or perhaps, even into overdrive as you search for answers to make sense of this condition? Are you feeling overwhelmed and sometimes incompetent as you try to get a grip on parenting your child? Ditch the feelings of guilt and spare yourself from reading yet long-winded academic text on how to parent your ADHD child. Written by a mom who has travelled this journey for 17 years, this book covers a personal experience with medication, therapeutic treatments, diet, schools and more. It's a book for the modern mom, who sometimes needs a helping hand and torch to light the way. A Mother's Guide to Strength, Organization and Beautiful Living with an ADHD child is filled with real experiences, real emotions and a reassurance that what you may be experiencing is normal as you navigate your way through this life-changing challenge. It discusses:

- Your child's diagnosis and the trepidation you may feel about it
- The journey to accepting this condition letting go of expectations you may have had
- Medicating your child and weighing up the odds
- How diet influences this condition
- Using natural supplements as part of an alternative strategy
- Behavioral therapy and how it can benefit you and your child
- Ways in which to implement simple strategies at home to make life easier
- Managing the school situation and what to look out for
- The effects on marriage and ways to safeguard it
- The importance of support from family and friends
- Potential everyday situations which could aggravate the condition

Packed with practical advice and tips this book will help you to manage the day-to-day life in your household and beyond. A Mother's Guide to Strength, Organization and Beautiful Living with an ADHD child does not attempt to sugar-coat the pitfalls you may experience. It gives an honest account of them and touches on issues the professionals don't. **FREE GIFT:** The book also comes with an awesome free gift, so don't forget to grab it!

## Book Information

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Child Psychology > Development

## Customer Reviews

I just loved reading this book!!!!... A very well written book i must say and should thank the author in bringing in about this. I never knew something like ADHD would affect so much. The best part about the book was the mother's guidance throughout the book which gave us most of useful information about this. I really liked the chapters of natural supplements and diet which i think really plays a vital role. Overall a highly recommended book!!!!

A great book for parents struggling with a child that has ADHD. I think this is going to become more of a problem in our society that is quick to rush and jump from one thing to the next (smartphones, ability to instantly stream movies, games music etc) unfortunately our current environment is probably partly to blame. The book offers a personal view and insight from a moms perspective. I liked that the book describes not only the current medication used to treat but also natural supplements you can try. The tips in the latter chapters about creating a peaceful home and surviving school were helpful as well.

There is always a difference between something written by a person who has experienced the actual thing and someone who has just the theoretical knowledge of it. Someone with a first hand experience is always able to guide you better. That is what makes this book special. Emma Shares the first hand knowledge of bringing up an ADHD kid, the challenges she faced and how she developed strategies to overcome them. The book also offers solid advice on everything you would want to know to bring up such a kid. It is a really helpful book.

A friend of mine has a child with ADHD. When I sighted this book, I wasn't 100% sure what to expect, but I must say, this is such a precise guide to properly taking care of a child with ADHD. The great insights of the author about the challenging aspects of managing and dealing with ADHD children based on her own experience are really informative. Very well written book and I would definitely recommend this to my friend and to others who wants to know more about the subject.

Amazing resource for parents who need to advocate for their child with ADHD. I really got good value out of this book; it's nice to know that there are other parents who have to deal with this as it can be tough for any parent. The book is a complete guide that really gives you value and a lot of great info. The tips presented are short, to the point, and easy to implement. Great read!

A friend of mine sent me a link to download this book today for free. I downloaded it and ended up reading the whole thing in one sitting!!! Wonderfully written and from the perspective of a parent not a scientist or medical professional who has lots of ideas but never actually lived it!! The author shares her journey with her son from pre-diagnosis through college and living on his own. No judgement, no this is the way I did it therefore it's the only way stuff. Just an honest account of what worked for them, what didn't and shows that even though it is a life long process the success of their journey.

I really liked the book. Emma Adams clearly introduced this book in an easier way which of those parents be aware in ADHD. This book has a helpful tips and strategies to deal with to those children have a ADHD on how to overcome. It really gives an advices. Thanks cause I can share it to my friends so that they will be aware and more informed of this. I would recommend this book to all parents in general.

This Compelling real life story about the Author's first hand experience raising her son with ADHD absolutely bought tears to my eyes, because I remember when I was a child I had this same condition and did not take any medication. The Author's struggles following Doctor's orders and giving her son Ritalin and he becoming a shell of what was once a bouncy, buoyant ,bubbly child. This was a true struggle for this parent raising her child with this condition.

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