



Parenting ADHD Now!: Easy Intervention Strategies to Empower Kids with ADHD

Elaine Taylor-Klaus, Diane Dempster MHA CPC PCC

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“An empathetic, personal and practical approach for parents craving relief from the wide-ranging childhood impact of ADHD.”

Mark Bertin, M.D., author of *Mindful Parenting for ADHD*

Parents: This book is for you.

Most of us need help to overcome the challenges of parenting a child with ADHD. Watching your bright, vibrant child struggle with ADHD can make you feel helpless, especially when you don't have the tools to help them succeed. There is a great deal of help available for children with ADHD, but there simply aren't enough resources for parents of ADHD children—and you need support just as much as your child.

The National Institute of Mental Health recognizes that frustration, blame, and anger are common in families with ADHD children. Children with ADHD need guidance and understanding from parents to reach their full potential. Yet it can feel impossible to manage the challenges you experience as a parent in order to be the support your child needs.

Diane Dempster and Elaine Taylor-Klaus are ADHD coaches, educators, and the cofounders of ImpactADHD. They started off just like you, feeling frustrated and lost about how to help their ADHD children—and how to take care of themselves as well. Since that time, they have become national leaders in the world of ADHD, representatives of the voice of parents, and the go-to experts for parenting children with ADHD. They have successfully armed thousands of parents with the tools they need to help themselves and their children with ADHD.

In *Parenting ADHD Now!* Diane and Elaine combine their practical know-how and professional expertise to offer immediate, actionable strategies you can use to guide and support your ADHD child compassionately and effectively.

The material presented in this book is grounded in three main concepts:

1. **Apply the Coach-Approach to Parenting** – This unique method gives you permission to pay attention to yourself, build up your own confidence and self-esteem, and apply these tools when working with your child with ADHD.
2. **Use Real, Practical Strategies** – Learn to effectively navigate the complex terrain of ADHD, confidently minimize ADHD-related stress in your family, and foster your child's independence.
3. **Focus on the Parent** – This is not about “fixing” your ADHD child. This is about shifting your focus inward and empowering yourself so that you can empower your child as they navigate life with ADHD.

You can dramatically improve life for your child with ADHD. With *Parenting ADHD Now!* you will learn to set healthy limits, find compassion and acceptance, change your habits, laugh instead of cry, understand instead of yell, and thrive instead of just survive.

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From reader reviews:

Sara Burns:

Spent a free time and energy to be fun activity to perform! A lot of people spent their leisure time with their family, or their own friends. Usually they undertaking activity like watching television, going to beach, or picnic within the park. They actually doing same every week. Do you feel it? Do you want to something different to fill your personal free time/ holiday? May be reading a book can be option to fill your totally free time/ holiday. The first thing you will ask may be what kinds of e-book that you should read. If you want to attempt look for book, may be the reserve untitled Parenting ADHD Now!: Easy Intervention Strategies to Empower Kids with ADHD can be fine book to read. May be it can be best activity to you.

Shaun Richards:

Do you have something that you like such as book? The book lovers usually prefer to choose book like comic, brief story and the biggest an example may be novel. Now, why not seeking Parenting ADHD Now!: Easy Intervention Strategies to Empower Kids with ADHD that give your enjoyment preference will be satisfied through reading this book. Reading addiction all over the world can be said as the method for people to know world considerably better then how they react towards the world. It can't be mentioned constantly that reading addiction only for the geeky particular person but for all of you who wants to end up being success person. So , for all you who want to start looking at as your good habit, you can pick Parenting ADHD Now!: Easy Intervention Strategies to Empower Kids with ADHD become your current starter.

Valentin Gonzalez:

Are you kind of stressful person, only have 10 or perhaps 15 minute in your time to upgrading your mind skill or thinking skill also analytical thinking? Then you are experiencing problem with the book than can satisfy your short space of time to read it because this time you only find book that need more time to be examine. Parenting ADHD Now!: Easy Intervention Strategies to Empower Kids with ADHD can be your answer given it can be read by a person who have those short free time problems.

Lauren Robinson:

Reading a reserve make you to get more knowledge from it. You can take knowledge and information from your book. Book is composed or printed or created from each source in which filled update of news. In this particular modern era like today, many ways to get information are available for anyone. From media social similar to newspaper, magazines, science e-book, encyclopedia, reference book, story and comic. You can add your knowledge by that book. Are you ready to spend your spare time to open your book? Or just in search of the Parenting ADHD Now!: Easy Intervention Strategies to Empower Kids with ADHD when you needed it?

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