



8 Keys to Parenting Children with ADHD (8 Keys to Mental Health)

Cindy Goldrich MEd

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Compassionate and effective strategies for raising a child with ADHD.

Parenting children with ADHD, whether diagnosed or undiagnosed, can be challenging and complex. But just as a child who struggles with reading can learn to decode words, children with ADHD can learn patience, communication, and solution-seeking skills to become more confident, independent, and capable. This book, rich with optimism, tips, tools, and action plans, offers science-based insights and systems for parents to help cultivate these skills.

Combining expert information with practical, sensitive advice, the eight "key" concepts here will help parents reduce chaos, improve cooperation, and nurture the advantages?like creativity and drive?that often accompany all of that energy.

Based on author Cindy Goldrich's seven-session workshop entitled *Calm and Connected: Parenting Kids with ADHD*©, this book focuses on developing and strengthening effective interpersonal skills in both parents and children as a way to improve conflict resolution.

Following the parenting principle to "*Parent the child you have,*" Goldrich offers advice to help readers tailor their parenting to meet the needs of their unique child. The book also leads parents to recognize the value of being a leader and a guide to children, building parents' confidence in their decision-making, and giving children a sense of safety, security, and confidence.

The principles outlined in 8 Keys to Parenting Children with ADHD are appropriate for parenting kids of all ages?until they have "launched" and are on their own.

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this one, reading textbooks. It can be your alternative throughout spending your spare time, the particular book you have read will be 8 Keys to Parenting Children with ADHD (8 Keys to Mental Health).

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