

New ADHD workbook

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If your child has ADHD, a new workbook might be the key to improving his or her daily routines.

“ADHD Success! Solutions for Boosting Self-Esteem: The Diary Method for Ages 7-17” is a hands-on resource for parents, children and teens. It is designed to boost self-esteem by positively and enthusiastically reinforcing what kids do right naturally in everyday life.

Kerin Bellak-Adams, an ADHD coach and daughter of ADD pioneer Dr. Leopold Bellak, wrote the book to help enhance the daily routines in the life of the ADHD child — no matter if it is in school, home, on vacation or anywhere.

The 160-page workbook is full of nontechnical questions, prompts, strategies and gentle assessments that include some parent involvement. It features 52 reproducible diary pages, parent and child questionnaires, self-esteem logs and scales, an ADHD overview and much more. Parents will find valuable information and insights that will enhance communication for the whole family. It also encourages cooperation between parents and educators.

Children with ADHD can act without thinking, have trouble focusing on common tasks and can be hyperactive. They may know what is expected of them but have trouble following through, and it can be difficult to stay still or pay attention.

The book is available online at www.reachbeyondadd.com and in bookstores for \$24.95.