

# SUPERPARENTING FOR

# ADD



AN INNOVATIVE  
APPROACH TO  
RAISING YOUR  
DISTRACTED  
CHILD

**EDWARD M. HALLOWELL, M.D.**

*Co-author of the bestselling *Delivered from Distraction**

**AND PETER S. JENSEN, M.D.**

*Author of *Making the System Work for Your Child with ADHD**

*Edward M. Hallowell M.D. and*

## **Superparenting for ADD: An Innovative Approach to Raising Your Distracted Child**



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With decades of experience working with ADD children, Dr. Jensen, M. understands how easily the gifts of the condition are lost on a child amid negative comments from doctors, teachers, and even loving but frustrated parents. a pediatric psychiatric clinician, dad of two ADD children, and himself a grown-up with ADD- The useful strength-based techniques Drs. Hallowell and Jensen fully understand the real and everyday challenges-" Now he groups up with top academic Increase researcher Peter S. Edward Hallowell-D. both in the home and at college- Hallowell has lengthily argued that Insert is all too often misunderstood, mistreated, and mislabeled as a " Nurture a host in which a child can safely take risks, reserve time to let a kid dabble as a way to learn, encourage playful practice, support mastery of an art (whatever the skill could be), and then recognize a child' Obviously outlined and arranged, Superparenting for Increase offers a specific game plan that contains.

- UNCONDITIONAL Like Tune out the diagnosticians and labelers and see and nourish the spirit of your son or daughter for who he is. Providing this unshakable bottom of support will arranged the tone for all interactions to come. Drs. Your child will do his greatest when allowed to make use of these conative strengths. impulsiveness = creativity; s inner, conative strengths, which drive what he naturally and spontaneously will, as opposed to what he is instructed to do or feels he should do. By recognizing the mirror characteristics, you avoid the ravages of shame and fear.
- THE Routine OF EXCELLENCE Use this critical 5-stage process to help a kid develop self- and interpersonal recognition. Hallowell and Jensen present place the talents, charms, and positive essence of your child before any presumed shortcomings. s accomplishments.
- IDENTIFYING AND TAPPING THE SOURCE Pinpoint your child' intrusiveness = eagerness. Looking at THE MIRROR Characteristics There are positive sides of the unfavorable symptoms associated with Add more: stubbornness = persistence; •disability., who's himself a father of an ADD kid, to enable you to get an upbeat and encouraging fresh approach to coping with and helping your ADD child. facing parents of an ADD kid. Right now this important book demonstrates how to unwrap the wonderful, surprising gifts of Combine and turn what's all too often labeled a lifelong disability right into a lifelong blessing.



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Love this book! Easy to read. I have been reading, very gradually, actually. Its encouraging and makes you look at Add more from a different perspective. I am even more hopeful, even in the midst of the maddening aspects of parenting. So, I am savoring it.. It is a call to mother or father with more consciousness, center, and connection. Something that would be good for all parents of most kinds of kids. It is challenging me to avoid trying to "manage" my son, so he matches better into my fast-moving flow of life. It really is challenging me to slow down and really see him, listen to him, find out what gifts he brings to the desk, and what can I learn from him which parenting journey. Just makes for a great instruction to raised parent our add kid.. I recommend it! Hallowell, Brown and Barkley each possess websites with informative articles for parents, teachers and others. Shifting from viewing this diagnosis as only something to "get over" or "press through", to a thing that we will both become living with and understanding how to incorporate into how exactly we live our lives jointly, is a major shift for me personally. And, while it is offering me some "to dos", it really is much more than that. I am learning to be a much better advocate for my child with others. I've even more respect for him, and which allows me to parent him from a much more loving place when compared to a judgmental place. Understand this book, it really is a breath of fresh air! Hallowed Hallowell Hallowell provides wish and motivation for parents struggling to raised understand their special needs child and meet their needs. He includes a balanced perspective and reminds us of the need for acknowledging our children's strengths and fostering self-esteem. I appreciate th idea of the mirror characteristics and recognizing the positive sides of ADHD, however the author seems to gloss over many important ideas. It's really informational and a godsend to read. This book was fantastic exactly what I needed This book was fantastic just what I needed. Value the money I admit I am still reading this, but I love the style and approach of this book. Finally, an excellent chunk of the reserve talks about the Kolbe Model and that people should go online (and pay out) to take the evaluation. Furthermore and Dr. I want it had been available when I was first studying ADHD.As a professional educator, I believe this book ought to be near the top of the reading list for both parents and teachers which have and know children with ADHD. It has given me a new perspective on my son that we need to look at his learning disabilities as presents not as deficiencies.In addition to the message of Unconditional Love and other important themes in this reserve for raising a distracted kid, Superparenting offers in Chapter 9, concise and valuable information regarding treating ADD: Changes in Lifestyle (Sleep, Diet, Workout and Positive Human Contact), providing Structure, Guidance, and Medicine. Appendix A offers similarly valuable details on using Behavioral Strategies to help your child improve their behavior. These two sections by itself justify the purchase of this book. It

includes valuable ways of help your son or daughter reach his/her full potential. Hallowell's other good books, you should look at looking at books compiled by Thomas E. Brown and Russell A. Barkley. I feel empathized with and appreciated and motivated when I browse the book. Please be aware that while Hallowell prefers the word ADD more than ADHD, but this publication is actually Superparenting for ADHD.. It provides valuable strategies to assist in the day-to-day challenges of increasing and teaching the ADHD child. Best book on parenting a kiddo with Add more we've . Reshaped our thinking of how to increase our oldest. Strongly suggested! Best book on parenting a kiddo with ADD we've found.. He's 8 right now and this book has been a God send.. an excellent chunk of the book talks about the Kolbe Model . This book, for me, isn't just a "how to". This is fully acknowledged in the book. I was so excited to learn this book when I found out about it and starts reading the moment it arrived. A few of the details I had already encountered from therapists and additional text, however right now there are often interesting tid bits and "ah-ha" occasions when you read Hallowell's books. Initial, this tale about th family members sitting around consuming brunch and laughing because the child forgot to take his medication so he was eating more is merely ridiculous. I'm uncertain of any mother or father or family would laugh and joke about forgetting to consider medicine. His example seemed the make light of the need for medication. Next, I believed it had been also ridiculous that same kid became the poster child for ADHD. Again, he appears to gloss over the struggles most family members face parenting a child with ADHD. It provides recommendations and affirms that what you are doing is right. Phenomenal I bought this reserve when my child was identified as having ADHD. After a decade of encounter as the parent of an ADHD child, Personally i think that Superparenting for ADD is the first book that parents new to ADHD should read. That produced me feel like I wasted my cash buying this book. Once again, the idea that children who've ADHD do possess many particular qualities is important to recognize, but the writer makes light of too many important aspects of ADHD and does not offer many useful suggestions for actual "super-parenting." This is good!. I acquired it with the hope that it could tell me what to "perform" about my son. I desperately needed this type of encouragement and plan to make use of the tools and concepts found within the pages. That's an irresponsible recommendation for most, many reasons. Superparenting is a "need to read" book for parents new to ADHD. Soothing. Five Stars 1 New to an ADD child This is a great book for a parent who's looking for help with the youngster. Most importantly, on page 131, the authors in fact suggest not having a formal iep, but rather making an informal IEP with the teacher. books of Hallowell are wonderful, educational and books of Hallowell are wonderful, educational and reassuring This book has given me an excellent perspective on dealing with certainly situations with our children This book has given

me an excellent perspective on coping with certainly situations with this children. I often feel like the writers have been looking at my window! Five Stars Useful book! Positive encouraging and factual. Tad long. I must admit that I've not finished reading the book, yet. Great and helpful Insightful. Highly recommend! non-e of that can be to state that it denies the frustrating, frightening, and sad elements of parenting a kid with ADD. Loo



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