

An Instant Help Book for Parents & Kids

The ADHD Workbook for Kids

Helping Children Gain Self-Confidence,
Social Skills & Self-Control



44

simple, fun
activities to teach kids to:

- Improve attention & focus
- Control emotions
- Communicate effectively with friends

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**The ADHD Workbook for Kids: Helping Children Gain Self-Confidence,
Social Skills, and Self-Control (Instant Help)**



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Alone or together with your help, your son or daughter can full one ten-minute activity every day to learn how to make great decisions and discover easy techniques for staying focused when it's time to pay attention. This workbook includes a lot more than forty activities for kids produced by child psychologist Lawrence Shapiro which will help your son or daughter with ADHD deal with everyday tasks, make friends, and build self-esteem while she or he learns to overcome probably the most challenging areas of the disorder. The ADHD Workbook for Kids gives a straightforward way to help children with ADHD find out these critical skills in only ten minutes a day. All children with attention-deficit hyperactivity disorder (ADHD) want to manage their symptoms to get along better with others, build confidence, and succeed in college, but most don't have the skills they have to get their impulsive behavior in order. Includes activities to help your son or daughter: •Become an excellent listener and an excellent friend •Make school less complicated and more fun •Recognize his or her carefully selected presents and build self-esteem •Practice planning ahead and learn responsibility



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Terrific book for my elementary-school-aged kiddo! It truly is best done together with a parent so that you can talk through the activities with your child. He's now almost 10 years aged, and has been in outpatient hospitalization once currently. I would now add this reserve to that list. This book is excellent to use for therapy clients or as a mom who's searching for a way to help her child. My 9yo said it made him "feel poor about" himself. Attempting to mother or father an ADHD kiddo isn't like trying to herd cats, but similar to trying to write a Nobel Prize winning essay in Japanese when you only understand English. placing Into use for the greatest possible outcome to our family. They are made to be completed in a short amount of time, which is ideal for those short-attention-span moments. The recommendations are easy for my son to use to his normal life, and with his therapist, college counselor, and instructor. He has started sense better about himself as he's not engaging in trouble as often, which includes led to an increase in his self esteem. Thank you. This book rocks ! for my 8 year old and her friend that get together in an organization for children with ADHD & in understanding what is normal for ADHD and how to better manage my wonderful children It has transformed my 11 and 7 year old's ability to understand and manage their behavior. It prompts the reader to think about their previous wrongdoings and jot down what they should have done, rather. Has educated me, as well, in understanding what is regular for ADHD and how to better manage my fantastic children. Very helpful Five Stars great.. This is a great book for just about any child who needs a little help with behavior and making wise choices. My child likes to go through it by himself and although he doesn't like writing out answers, he learns from the tale and how he could feel using situations. Invaluable resource This is my absolute favorite workbook out of this series. I am a school-based therapist, and I have found every activity to end up being useful for dealing with children with ADHD and ODD/Conduct Disorders. From my encounter, the activities typically take longer than 10 minutes if you are spending time with the kid processing and reflecting on the workout. I recommend to any therapist or mother or father looking for therapeutic resources for kids. These activities been employed by great! They seem best suited for k-3 grades I'm in my own internship for school counseling. These activities been employed by great! They seem best suited for k-3 grades. Recommend highly. We can not know all, yet might have a desire to learn & observe. It teaches a lot of different things to help you and your child. Very nice.. The language is simple, and the activities are fun and engaging. We many thanks for such a great-easy to learn book, actually for our kids. Further along that same line, his grades possess improved and he is finally making true close friends. I'm a trained mental wellness therapist and I love this publication! This workbook has been exactly what we needed! stress and anxiety. Pages out of this book are often assigned as their homework, but sometimes integrated into the session. Recommend it highly! This book is fantastic to use for therapy clients or as a mom .. Impressed by the information being extracted out of this easy-to-understand & It's definitely NOT easy, nonetheless it is doable if you have the right tools. I take advantage of it with my counseling clients who have ADHD and it not only helps them but it assists their parents too. There's more than one way to check out adhd This is a great book for those who have a child that has ADHD. This books just as pictured. It hurt my kid's feelings. Doing one activity a day time has helped our child learn about ADHD and has helped us better understand the problem as well. My son has been diagnosed with "Severe ADHD", and has already established that medical diagnosis since he was 4 years old. Five Stars Love this workbook for my 3 kids. It seems geared more towards younger kids, since it's a workbook, but you can find the references to behaviors more closely connected with delinquent teens than inattentive elementary college kids. My 10 yr outdated client can do these activities willing. I would highly recommend it Not so ideal for kids below 5th grade Great book for children above 5th grade or clever 5th graders Great tool recommended to us by a pediatric neuropsychiatrist This is a great tool and was recommended by a neuropsychiatrist for ADHD. Not great. Normalizes and teaches practical abilities! We read the exercises aloud jointly and they both participate in discussing the solutions. Medicine, therapy, community/academic support, and psychological support for family will be the greatest tools to do just that. Ouch. Maybe screen each web page before

handing it over to a well-intentioned, delicate child who sometimes gets in trouble because of a neurological condition that's by no means his fault, I guess. Five Stars Great exercise activities in this publication. This is a great book for any child who requires a little help .



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