

An Instant Help Book for Parents & Kids

Mindfulness for Kids with ADHD

Skills to Help Children Focus,
Succeed in School & Make Friends



INCLUDES 14 DOWNLOADABLE
AUDIO MEDITATIONS

34

simple, fun
activities to help kids:

- Pay attention & get things done
- Feel calm & relaxed
- Manage emotions

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FOREWORD BY EDWARD M. HALLOWELL, MD

Debra Burdick LCSW and

Mindfulness for Kids with ADHD: Skills to Help Children Focus, Succeed in School, and Make Friends (Instant Help Books)



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Help your child with ADHD thrive. The publication also illustrates and teaches the process of setting purpose and using particular mindfulness skills to identify and improve feelings, self-image, behavior, stress level, concentration, hyperactivity, and associations. from making friends and doing well in college to establishing healthy practices and limiting screen time. As a parent, you understand that attention-deficit hyperactivity disorder (ADHD) can make the normal developmental jobs of childhood more challenging to accomplish in numerous ways. The activities in this easy-to-use workbook will help your son or daughter develop self-awareness and self-reflection—two abilities that children with ADHD typically need extra help with. Mindfulness for Children with ADHD offers fun and accessible mindfulness exercises designed to help kids with ADHD successfully navigate all the areas of life— These duties include: making friends, successful in school, arranging belongings and schoolwork, identifying and managing feelings, developing a positive self image, getting along with family, following rules, performing chores, establishing a wholesome sleep design, consuming a healthy diet plan, and making good choices about exercise and use of screen period. re a mother or father of a child with ADHD, you might feel conflicted about the very best treatment options available. If you' Whether used alone or in conjunction with therapy, this powerful workbook provides real skills your child can use each day to improve their standard of living and help them appreciate being a kid!



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