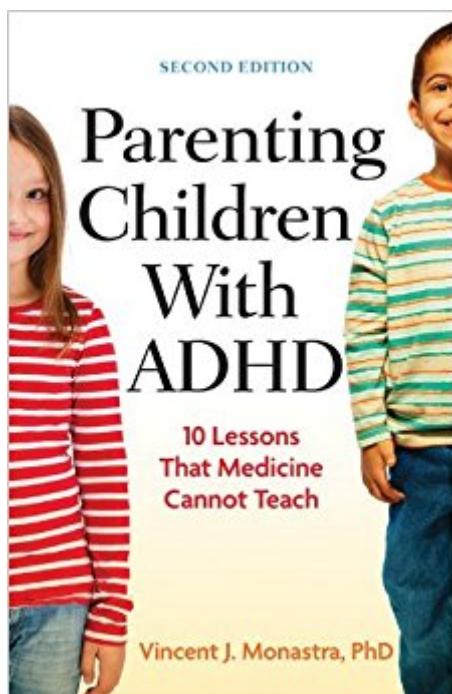


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# Parenting Children With ADHD: 10 Lessons That Medicine Cannot Teach (Lifetools: Books For The General Public)



## **Synopsis**

Over the past 30 years, Dr. Monastra has treated more than 15,000 clients who have ADHD. In this indispensable book he shares the knowledge he has gained. Engaging and straightforward, the book is directed at parents of children who have, or might have, ADHD. In a conversational style, Monastra offers a series of sequential lessons, beginning with the causes of ADHD and the most common medical treatments. He discusses all the relevant issues for parents, including psychological treatment, diet, educational laws, and practical coping strategies for both parents and children.

## **Book Information**

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## **Customer Reviews**

Monastra presents the material in easy-to-understand lessons that make this second edition the must-have resources for parents with ADHD children. --Doody's Review Service

Vincent Monastra, PhD, is a clinical psychologist and director of the FPI Attention Disorders Clinic in Endicott, New York. During the past 25 years, he has conducted a series of studies involving thousands of individuals with disorders of attention and behavioral control. He is the co-inventor of the EEG-based process approved by the FDA for use in the diagnosis of ADHD, a pioneer in the development of parenting and EEG-based attention training procedures, and the author of numerous scientific articles and book chapters. The 1st Edition of his parenting book was named iParenting Book of the Year, and his book, *Unlocking the Potential of Patients with ADHD: A Model*

for Clinical Practice, (APA, 2008), provides a model for comprehensive, effective and practical community-based care for patients with ADHD. His skills as a master diagnostician and therapist have been internationally recognized and are archived in several educational videotaped programs, including Working with Children with ADHD (APA, 2005). He has been a faculty member of Wilson Hospital's Family Practice Residency Program, the Department of Psychology at Binghamton University, and most recently, the Graduate School of Counseling and Clinical Psychology at Marywood University. He is the recipient of several scientific awards, including the President's Award and the Hans Berger Award for his seminal research into the neurophysiological characteristics of ADHD, and his groundbreaking study on EEG biofeedback. He was listed among the country's most innovative researchers in Reader's Digest's 2004 edition of Medical Breakthroughs.

The lessons probably should be done at certain points in the assessment/diagnosis/planning adventure of ADHD, but I didn't do them at the right times and still got a lot out of this book. The discussions of diet were especially helpful. I shared that information with my child and got her input and participation in meal planning, which gives her control over at least one part of her life. Very helpful.

Great book which really explains what ADHD consists of. Both my daughter and I felt it had many worthwhile suggestions. It also identified what forms for the school district might be needed as well as forms for the child's teacher to track symptoms. I would definitely recommend this book to a parent or grandparent of a child suspected of having ADHD.

Easy to read. Provides step-by-step guidance. The author helps a parent decide on important decisions about school, meds, nutrition, and many others to mention. The best thing for me is the emphasizes on family values -- saying sorry and making amends. The approach includes the whole family. This book is a treasure for me. It has so many strategies on how to help ADHD kids with emotional control, school work, relationships, chores, etc. There's also a chapter dedicated for parents about taking care of themselves too. :)

My daughter's psychologist recommended this book and it's a great resource, I highly recommend it to anyone with a kid that has ADHD. Great tips and encouraging advice.

I have much experience working with individuals who display typical ADHD behaviors - both as a Mom and as a researcher - and loved this book. The author is succinct, not requiring the reader to read through typical textbook material on ADHD (e.g., consistency is so important) to get to the "good stuff". Readers will better understand individuals who exhibit behaviors consistent with ADHD and be inspired to make significant changes. I highly recommend this book for all teachers and parents!

For parents with ADHD children or grandparents with ADHD grandchildren, this is a great book of information to learn why your children are acting the way they do. It explains how to understand them and how to help them. It is not all about medication and parents/grandparents need to understand that. You can help them by understanding and by keeping certain foods out of their diet. Wish we had more interest in finding out more about this behavior since so many children as well as adults suffer with this without having anyone to understand what they are going through. Some people just think these children and adults are "bad" or out-of-control but there is a reason for their behavior. There needs to be more research and more help for those who suffer.

I read "Parenting children with ADHD" by Vincent Monastra last night. I am very impressed with the down-to-earth language and clear ideas that he presents in this book. I am not a medical professional and often get lost in the first paragraph of medical descriptions of ADD, ADHD and Learning Disabilities. After struggling with a local school system's ignorance and unwillingness to question archaic teaching methods, I appreciate the way that Vincent compares ADHD to other medical impairments. If a child has a visual impairment, and needs accommodations in the classroom, would you expect a school administrator or teacher to say any of the following? 1. The parents need to go for parent training - the social worker will call you to schedule an appointment. 2. By the end of 5th grade, this child needs to be able to take down notes from the board and must learn to function at the same level as peers, irrespective of the impairment. (Substitute your own "must" here. "Must be able to sit still in class" or "Must be able to write five paragraph essays".) 3. The child just needs to try harder. 4. The impairment will go away as we promote the child through the grades without addressing the situation. No parent should tolerate these comments if a child has a visual impairment or hearing impairment (although I expect that some school administrators that I have met will offer these comments). Similarly, a child with ADHD or any other impairment should be accommodated. Vincent does a good job of comparing ADHD to other visual and hearing impairments which gives parent another tool to educate people who are not familiar with the current

research on ADHD.I advise parents who engage the school system for accommodations should start off by getting a child advocate. I will give you the name of a great child advocate in Connecticut, if you ask me. I suggest that you do not try to negotiate with your school district without a child advocate. Your school district has a different agenda to yours, so be warned.Vincent also does a good job of describing current medication. How it works, the percentage of time that it doesn't work and similar details. I found it very enlightening and helpful.I recommend this book to all parents who are raising kids with ADHD, ADD or a Learning Disability, especially if you are considering medication.

Just as advertised, arrived quick, thanks!

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