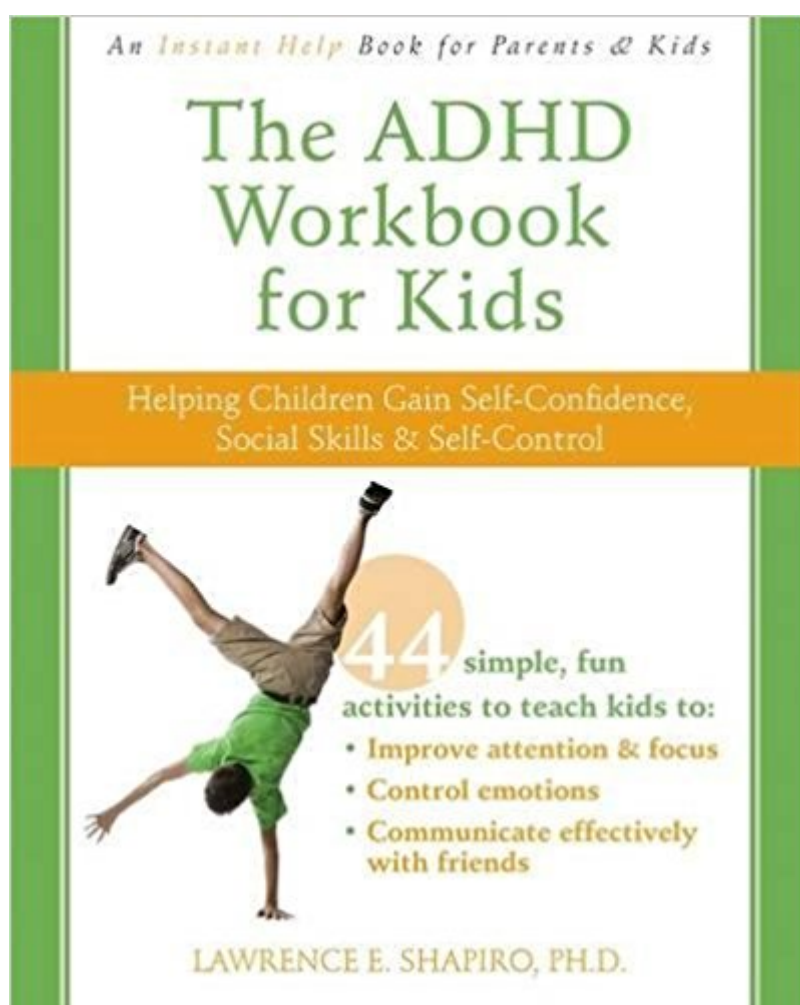


The book was found

The ADHD Workbook For Kids: Helping Children Gain Self-Confidence, Social Skills, And Self-Control (Instant Help)



Synopsis

All kids with attention-deficit hyperactivity disorder (ADHD) want to manage their symptoms in order to get along better with others, build confidence, and succeed in school, but most don't have the skills they need to get their impulsive behavior under control. The ADHD Workbook for Kids offers a simple way to help children with ADHD learn these critical skills in just ten minutes a day. This workbook includes more than forty activities for kids developed by child psychologist Lawrence Shapiro that can help your child with ADHD handle everyday tasks, make friends, and build self-esteem while he or she learns to overcome the most challenging aspects of the disorder. Alone or with your help, your child can complete one ten-minute activity each day to learn how to make good decisions and discover easy techniques for staying focused when it's time to pay attention. Includes activities to help your child: Become a good listener and a good friend Make school easier and more fun Recognize his or her special gifts and build self-esteem Practice planning ahead and learn responsibility

Book Information

Series: Instant Help

Paperback: 184 pages

Publisher: Instant Help; 1 edition (May 1, 2010)

Language: English

ISBN-10: 1572247665

ISBN-13: 978-1572247666

Product Dimensions: 0.5 x 8 x 9.8 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 110 customer reviews

Best Sellers Rank: #6,028 in Books (See Top 100 in Books) #3 in Books > Health, Fitness & Dieting > Children's Health > Learning Disorders #4 in Books > Health, Fitness & Dieting > Mental Health > Attention Deficit & Attention Deficit Hyperactivity Disorders #6 in Books > Parenting & Relationships > Special Needs > Disabilities

Age Range: 6 - 12 years

Grade Level: Kindergarten - 5

Customer Reviews

“The activities offered in The ADHD Workbook for Kids are an excellent resource for children, parents, and teachers alike. The workbook covers a wide variety of topics that affect children with

ADHD, including school performance, social skills, and self-esteem. The activities in the workbook are written in a fun, easy-to-read format that is ideal for children with attention and impulsivity issues. • Stephanie Sarkis, Ph.D., author of 10 Simple Solutions to Adult ADD, Making the Grade with ADD, and ADD and Your Money

In *The ADHD Workbook for Kids*, an internationally-recognized child psychologist presents more than forty ten-minute games and activities children with ADHD can do to learn to make friends, gain confidence, and manage out-of-control behaviors.

Beautifully written and helpful. Myself and my husband have found a lot of stuff useful and we have used it for our son however it is made to interact with kids maybe 12 and older? We just down scaled the activity so we are still finding it to be useful but wish it was for younger aged children.

This book is exactly as pictured. Very nice. Impressed by the information being extracted from this easy-to-understand & placing into use for the greatest possible outcome to our family. We thank you for such a great-easy to read book, even for our children. Thank you.

So far very pleased with this workbook. I like to reference it with current situations. My son is inattentive ADHD and this helps me look at things differently without causing stress. We do not write in workbook just discuss topics.

Nice flow and it has lots of applicable worksheets that encourage thoughtful reflection

Love this book for kids. I work as a child therapist and use a lot of these activities with kiddos to teach isometric exercises and such. Great book!

Really like this book. Nice, short assignments that we can give him from time to time to help him understand his ADHD. Probably the best book we have come across for him and a benefit to us as well.

Great resource with easily applicable exercises that help the child to understand why they do/think the way they do, and ways to help the child see themselves as more than simply their diagnosis. I have used this in my counselling work with children, and will continue to use it for as long as it holds

together!

This is a straight forward book. It is simple for a non-professional to follow, yet detailed enough for a clinician to utilize as a tool.

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The ADHD Workbook for Kids: Helping Children Gain Self-Confidence, Social Skills, and Self-Control (Instant Help) Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Confidence: Gaining the Confidence You Need to Succeed in Life.: Easy Tips & Tricks on How to become more Self Confident and Gain Creative Confidence (Confidence: ... Person You've Always Wanted to be. Book 1) Instant Pot: 365 Days of Instant Pot Recipes (Instant Pot Cookbook, Instant Pot Slow Cooker, Instant Pot Book, Crock Pot, Instant Pot, Electric Pressure ... Vegan, Paleo, Breakfast, Lunch, Dinner) Instant Pot Cookbook: 500 Instant Pot Recipes Cookbook for Smart People (Instant Pot, Instant Pot Recipes, Instant Pot Recipes Cookbook, Instant Pot Electric Pressure Cooker Cookbook) Confidence: Gorilla Confidence - Simple Habits To Unleash Your Natural Inner Confidence (Self Esteem, Charisma, Personal Magnetism & Self Confidence) ADHD: A Mental Disorder or A Mental Advantage (2nd Edition) (ADHD Children, ADHD Adults, ADHD Parenting, ADD, Hyperactivity, Cognitive Behavioral Therapy, Mental Disorders) ADHD Guide Attention Deficit Disorder: Coping with Mental Disorder such as ADHD in Children and Adults, Promoting Adhd Parenting: Helping with Hyperactivity and Cognitive Behavioral Therapy (CBT) How To Say No (For Teens) (When I Say No I Feel Guilty, Self Confidence, Teen Self Help, Self Help Books for Women, Social Skills Book 1) Charisma: Discover How to be More Charismatic, Enhance Your Social Skills and Create a Magnetic Aura: Confidence Hacks (Charisma, Confidence, Self Confidence, ... Influence, Persuasion, Mind Hacks, Book 7) The ADHD Workbook for Teens: Activities to Help You Gain Motivation and Confidence Shyness: How To Overcome Shyness and Social Anxiety: Own Your Mind, Confidence and Happiness (Personal Transformation, Confident, Shy, Overcome Fear, Low ... Gain Control, Boost Your Confidence Book 2) Instant Pot Cookbook: 30 Top Vegan Recipes for Instant Pot Pressure Cooker: Cook Healthier And Faster (Instant Pot Cookbook Paleo, Instant Pot Weight Loss ... Instant Pot Chicken Recipes, Slow Cooker 5) ADHD Diet For Children: Recipes and Diet to Help Your Child Focus, Perform Better at School, and Overcome ADHD For Life (ADHD Diet) Instant Pot Cookbook: Top 10 Electric Pressure Cooker

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