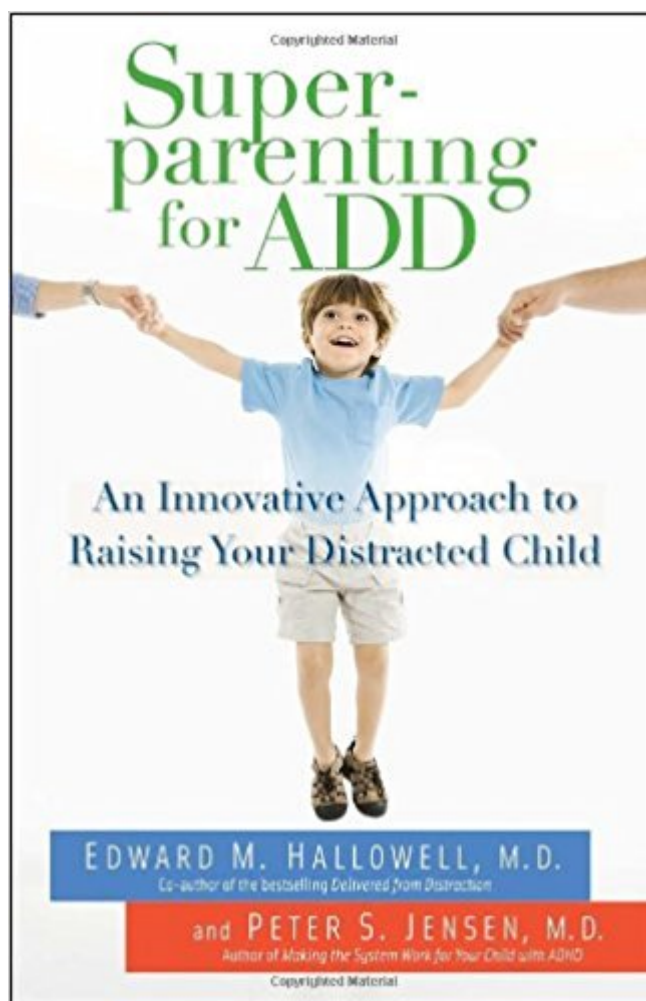


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# Superparenting For ADD: An Innovative Approach To Raising Your Distracted Child



## Synopsis

With decades of experience working with ADD children, Dr. Edward Hallowell has long argued that ADD is too often misunderstood, mistreated, and mislabeled as a disability. • Now he teams up with top academic ADD researcher Peter S. Jensen, M.D., to bring you an invaluable new approach to helping your ADD child. Superparenting for ADD offers a specific game plan including

- UNCONDITIONAL LOVE Tune out the diagnosticians and simply nourish the spirit of your child for who he is.
- VIEWING THE MIRROR TRAITS Recognize the positive sides of the negative symptoms associated with ADD: stubbornness = persistence; impulsiveness = creativity; intrusiveness = eagerness.
- THE CYCLE OF EXCELLENCE Nurture an environment in which a child can safely take risks, reserve time to let a child dabble as a way to learn, encourage playful practice, support mastery of a skill, and then recognize a child's accomplishments.

## Book Information

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## Customer Reviews

After a decade of experience as the parent of an ADHD child, I feel that Superparenting for ADD is the first book that parents new to ADHD should read. It offers valuable strategies to help your child reach his/her full potential. I wish it had been available when I was first learning about ADHD. As a professional educator, I think this book should be at the top of the reading list for both parents and teachers that have and know children with ADHD. It offers valuable strategies to help in the day-to-day challenges of raising and teaching the ADHD child. In addition to the message of Unconditional Love and other important themes in this book for raising a distracted child,

Superparenting offers in Chapter 9, concise and valuable information about treating ADD: Changes in Lifestyle (Sleep, Diet, Exercise and Positive Human Contact), providing Structure, Counseling, and Medication. Appendix A offers equally valuable information on using Behavioral Strategies to help your child improve his or her behavior. These two sections alone justify the purchase of this book. In addition to this and Dr. Hallowell's other fine books, you should consider looking at books written by Thomas E. Brown and Russell A. Barkley. Hallowell, Brown and Barkley each have websites with informative articles for parents, teachers and others. Please note that while Hallowell prefers the term ADD over ADHD, but this book is really Superparenting for ADHD.

Both fathers of ADD children themselves, Dr. Hallowell & Dr. Jenson, do an excellent service here reminding us parents to stay focused on the most important factor of all in raising any child (with or without ADHD) ... Unconditional Love. This book is upbeat, positive and easy reading. It helps you deal with all the parenting challenges you face at school and at home while raising a child with ADD. But more importantly it helps you see the gifts of these children in a much brighter light. The practical strength-based techniques they give you in this book show you how to put the talents, charms, and positive essence of your child ahead of any shortcomings associated with ADD. This book is clearly outlined and organized and gives you a specific game plan that includes:

- \* UNCONDITIONAL LOVE Tune out the diagnosticians and labelers and simply notice and nourish the spirit of your child for who he is. Providing this unshakable base of support will set the tone for all interactions to come.\*
- \* VIEWING THE MIRROR TRAITS There are positive sides of the negative symptoms associated with ADD: stubbornness = persistence; impulsiveness = creativity; intrusiveness = eagerness. By recognizing the mirror traits, you avoid the ravages of shame and fear.\*
- \* THE CYCLE OF EXCELLENCE Use this critical 5-step process to help a child develop self- and social awareness. Nurture an environment in which a child can safely take risks, reserve time to let a child dabble as a way to learn, encourage playful practice, support mastery of a skill (whatever the skill may be), and then recognize a child's accomplishments.\*
- \* IDENTIFYING AND TAPPING THE SOURCE Pinpoint your child's inner, conative strengths, which drive what he naturally and spontaneously does, as opposed to what he is told to do or feels he must do. Your child will do his best when allowed to use these conative strengths. If you're the parent of a child with ADD or ADHD you should definitely check out this practical step-by-step advice. May it help you transform what is too often labeled a "lifelong disability" into a "lifelong blessing."

I must admit that I have not finished reading the book, yet. I have been reading, very slowly,

actually. I got it with the hope that it would tell me what to "do" about my son. And, while it is giving me some "to dos", it is much more than that. So, I am savoring it. This book, for me, is not just a "how to". It is a call to parent with more consciousness, heart, and connection. Something that would be good for all parents of all kinds of children. It is challenging me to stop trying to "manage" my son, so he fits better into my fast-moving flow of life. It is challenging me to slow down and really see him, listen to him, learn what gifts he brings to the table, and what can I learn from him and this parenting journey. None of that is to say that it denies the frustrating, frightening, and sad parts of parenting a child with ADD. This is fully acknowledged in the book. I often feel like the writers have been looking into my window! I feel empathized with and appreciated and encouraged when I read the book. Shifting from seeing this diagnosis as only something to "get over" or "push through", to something that we will both be living with and learning to incorporate into how we live our lives together, is a major shift for me. I am more hopeful, even in the midst of the maddening aspects of parenting. I am learning to be a much better advocate for my son with others. I have more respect for him, and that allows me to parent him from a much more loving place than a judgmental place. Get this book, it is a breath of fresh air!

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