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The Survival Guide for Kids with ADHD. Updated Edition

By John F. Taylor

Free Spirit Publishing, 2013. Softcover. Book Condition: New. What does it mean to have ADHD? How can kids diagnosed with ADHD help themselves succeed in school, get along better at home, and form healthy, enjoyable relationships with peers? In kid-friendly language and a format that welcomes reluctant and easily distracted readers, *The Survival Guide for Kids with ADHD*, helps kids know they're not alone and offers practical strategies for taking care of oneself, modifying behavior, enjoying school, having fun, and dealing (when needed) with doctors, counselors, and medication. Includes real-life scenarios, quizzes, and a special message for parents. Praise for the previous edition: "Do you know a kid struggling with ADHD? *The Survival Guide* is a book about them, for them. In simple, understandable language, Dr. Taylor provides concrete information and tips on the ADD/HD diagnosis, school, family, friends, emotions, and even ideas for a healthy diet. This is an empowering book for young people and is loaded with ideas, resources and some humor." *YouthWorker Journal* "Packed with good advice. A useful tool for families who are dealing with the myriad issues associated with ADD/ADHD." *School Library Journal* "This book covers in one chapter what took me years to figure out..."



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