



Parenting ADHD Now!: Easy Intervention Strategies to Empower Kids with ADHD

Elaine Taylor-Klaus, Diane Dempster MHA CPC PCC

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“An empathetic, personal and practical approach for parents craving relief from the wide-ranging childhood impact of ADHD.”

Mark Bertin, M.D., author of *Mindful Parenting for ADHD*

Parents: This book is for you.

Most of us need help to overcome the challenges of parenting a child with ADHD. Watching your bright, vibrant child struggle with ADHD can make you feel helpless, especially when you don't have the tools to help them succeed. There is a great deal of help available for children with ADHD, but there simply aren't enough resources for parents of ADHD children—and you need support just as much as your child.

The National Institute of Mental Health recognizes that frustration, blame, and anger are common in families with ADHD children. Children with ADHD need guidance and understanding from parents to reach their full potential. Yet it can feel impossible to manage the challenges you experience as a parent in order to be the support your child needs.

Diane Dempster and Elaine Taylor-Klaus are ADHD coaches, educators, and the cofounders of ImpactADHD. They started off just like you, feeling frustrated and lost about how to help their ADHD children—and how to take care of themselves as well. Since that time, they have become national leaders in the world of ADHD, representatives of the voice of parents, and the go-to experts for parenting children with ADHD. They have successfully armed thousands of parents with the tools they need to help themselves and their children with ADHD.

In *Parenting ADHD Now!* Diane and Elaine combine their practical know-how and professional expertise to offer immediate, actionable strategies you can use to guide and support your ADHD child compassionately and effectively.

The material presented in this book is grounded in three main concepts:

1. **Apply the Coach-Approach to Parenting** – This unique method gives you permission to pay attention to yourself, build up your own confidence and self-esteem, and apply these tools when working with your child with ADHD.
2. **Use Real, Practical Strategies** – Learn to effectively navigate the complex terrain of ADHD, confidently minimize ADHD-related stress in your family, and foster your child's independence.
3. **Focus on the Parent** – This is not about “fixing” your ADHD child. This is about shifting your focus inward and empowering yourself so that you can empower your child as they navigate life with ADHD.

You can dramatically improve life for your child with ADHD. With *Parenting ADHD Now!* you will learn to set healthy limits, find compassion and acceptance, change your habits, laugh instead of cry, understand instead of yell, and thrive instead of just survive.

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Virginia Combs:

The actual book Parenting ADHD Now!: Easy Intervention Strategies to Empower Kids with ADHD will bring you to the new experience of reading any book. The author style to describe the idea is very unique. When you try to find new book to see, this book very ideal to you. The book Parenting ADHD Now!: Easy Intervention Strategies to Empower Kids with ADHD is much recommended to you to see. You can also get the e-book from your official web site, so you can easier to read the book.

Salvador Swain:

The book untitled Parenting ADHD Now!: Easy Intervention Strategies to Empower Kids with ADHD is the book that recommended to you to see. You can see the quality of the book content that will be shown to a person. The language that author use to explained their way of doing something is easily to understand. The article author was did a lot of exploration when write the book, hence the information that they share to you is absolutely accurate. You also might get the e-book of Parenting ADHD Now!: Easy Intervention Strategies to Empower Kids with ADHD from the publisher to make you considerably more enjoy free time.

Allen Lutz:

The particular book Parenting ADHD Now!: Easy Intervention Strategies to Empower Kids with ADHD has a lot details on it. So when you make sure to read this book you can get a lot of gain. The book was authored by the very famous author. Tom makes some research previous to write this book. This particular book very easy to read you can get the point easily after reading this article book.

Kimberly Johnson:

A number of people said that they feel uninterested when they reading a e-book. They are directly felt the idea when they get a half parts of the book. You can choose the particular book Parenting ADHD Now!: Easy Intervention Strategies to Empower Kids with ADHD to make your own personal reading is interesting. Your own personal skill of reading ability is developing when you similar to reading. Try to choose simple book to make you enjoy to read it and mingle the feeling about book and reading especially. It is to be 1st opinion for you to like to available a book and learn it. Beside that the publication Parenting ADHD Now!: Easy Intervention Strategies to Empower Kids with ADHD can to be your friend when you're really feel alone and confuse with what must you're doing of their time.

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