



# **The ADHD Book of Lists: A Practical Guide for Helping Children and Teens with Attention Deficit Disorders**

*Sandra F. Rief*

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### **Practical ADHD management techniques for parents and teachers**

*The ADHD Book of Lists* is a comprehensive guide to ADHD/ADD, providing the answers parents, teachers, and other caregivers seek in a convenient list format. This new second edition has been updated with the latest research findings and resources, including the most up to date tools and strategies for helping these children succeed. Each aspect of ADHD/ADD is fully explained, from diagnosis to intervention, providing readers with the insight they need to make the best choices for the affected child. Coverage includes the latest medications and behavioral management techniques that work inside and outside the classroom, plus guidance toward alleviating individual struggles including inattention, impulsivity, executive function and subject-specific academic issues. Readers learn how to create a collaborative care team by bringing parents, teachers, doctors, therapists, and counselors on board to build a comprehensive management plan, as well as the practical techniques they can use every day to provide these children the support they need to be their very best.

Attention Deficit/Hyperactivity Disorder cannot be cured, but it can be managed successfully. This book is an insightful guide to supporting children and teens with ADHD, and giving them the mental, emotional, and practical tools that boost their confidence and abilities and enable them to thrive.

- Investigate comprehensive treatments, including ADHD coaching
- Learn strategies for strengthening organization, working memory and other executive functions.
- Understand effective classroom management of students with ADHD
- Discover ways to help struggling children succeed despite the challenges

*The ADHD Book of Lists* is the complete easy-to-reference guide to practical ADHD management and will be a go-to resource for parents, teachers, clinicians, and others involved in the care and education of students with ADHD.

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