

Overcoming ADHD Without Medication: A Parent and Educator's Guidebook

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Association for Youth Children and Natural Psychology : Overcoming ADHD Without Medication: A Parent and Educator's Guidebook before purchasing it in order to gage whether or not it would be worth my time, and all praised Overcoming ADHD Without Medication: A Parent and Educator's Guidebook:

0 of 0 people found the following review helpful. Big Disappointment! Little new information for parents of children with special needs or learning disabilities.By MagnoliaVery disappointed in this book. Surprised by all the positive reviews. First, the "book" is ~65 pages long, with a 60 page reference, checklist, bibliography section. I read it in about an hour. It is written for parents starting from ground 0 regarding knowledge of ADHD and related issues who want to address their child's situation without medicine. Any parent of a child with learning disabilities or any type of special needs (autism, sensory issues, etc.) who has taken time to educate themselves on their child's needs, been involved in therapy, etc. will find very little new information in this book. Many take aways are well-known to educated parents: 1) reduced / low sugar diet, 2) limited media / technology, especially violent video games (replace with reading), 3) lots of exercise, especially outdoor exercise, 4) music and art as beneficial therapies, and 5) classical music (vs. pop music). This is not an all inclusive list of their recommendations, but hits many of the highlights. The most educational part was the section on the typically prescribed medicines (which I know nothing about) and the facts / figures around the efficacy of medicine for ADHD and other mental health issues (significantly lower than I realized

based on studies utilized). All in all, probably a great read for a parent starting from scratch or potentially being manipulated to go directly to medicine, but for anyone with a base level of knowledge on the benefits of therapy and good understanding of their child's need probably won't get a lot out of this. 6 of 7 people found the following review helpful. Information that Will Help By frwspencer There are a lot of books about ADHD and how to cope with this condition. What makes this one especially helpful is that the ideas for what to do are things that can be accomplished. There are descriptions of situations that help the reader to be sure that he or she is dealing with the same issues that are programmed for in the book. There are discussions of such issues as giving labels, which help the reader to consider the solutions in their context. There are references and web links (on the Kindle version) that let the reader quickly look at other information sources. There are, of course, interventions that you can carry out. Music is a good example. The music to which teenagers often listen can have a negative influence, I think. Getting a child involved in playing an instrument and appreciating uplifting music is probably a very good idea. One criticism that I have is that I don't see as balanced a discussion of video games. I may be sensitive to this because my daughter works in the video game industry. I believe that there ways in which video games and computer programs can be helpful for this and other conditions. In any event, I recommend this book. There are ideas here that will help you or your child to live a better life. 0 of 0 people found the following review helpful. Five Stars By templemom Very helpful

A practical guidebook on how parents and teachers can help children overcome symptoms of Attention Deficit Hyperactivity Disorder - ADHD - without stimulants or other medication. There is much circumstantial, observational as well as scientific evidence that non-pharmaceutical methods of treating ADHD, including self-help, are not only of much value, but can effectively take a child out of the classifiable range. Psychiatric medication addresses symptoms, but do not cure the illness itself. Lifestyle changes help almost all children to improve. Engaging in artwork, outdoor activities and nature helps many children with ADHD to focus. Many children with ADHD are visually-oriented. Overcoming ADHD Without Medication was developed through years of research, field work in the public school system, and in working with individual students. The concepts presented here are effective, field-tested and can help most children to overcome symptoms of ADHD without ever needing to take psychiatric medications. Professionals whose work is highlighted in Overcoming ADHD Without Medication are, Reading coach School psychologist Special education teachers Early childhood teachers Art teacher and professor

With a lot of thought and understanding of concern, "Overcoming ADHD without Medication" is an excellent read that should very much be considered by concerned parents. --Midwest Book ... Practical measures and lifestyle changes with some additional resources that can help parents assist their children based on thorough and accurate research done on the subject. The symptoms of ADHD, mostly found in children and teens, can be overcome through lifestyle changes. Lifestyle changes can help children succeed in both school and at home, even without medication. Very useful. --EduMags Media: Education Online - Resource Guide and Information for Teachers, Lecturers and Students. As a physician, I see children and adults daily who have been diagnosed with ADD and ADHD. The first thing that often happens in this case is that they are put on medications without any regard for their lifestyle or nutritional habits. It's an easy read, it's well laid out, and based on research. I would definitely recommend this to my patients and anyone else who has or knows someone with ADHD. --Maiysha Clairborne MD - Author of Life On Your Terms: 7 Steps to a More Empowered You From the Publisher What is ADHD and what are the symptoms? What can parents do to help children overcome ADHD? Can this be accomplished without medication? What drugs are being used for ADHD and are they effective? What are the side effects and are they serious? What can educators do to help children with ADHD to be successful? What about childhood depression? Can anything be done to help children naturally? These and many more questions are answered in this concise and practical book. It assists parents and teachers to help children to succeed. It also has valuable information for professionals such as pediatricians and psychologists. There is much that parents can do to help children overcome ADHD symptoms, and medication rarely provides a permanent solution. Through practical measures and lifestyle changes, parents can help children be successful. This book provides many additional resources, websites, books and organizations, that can help parents to help their children. It provides ideas for teachers, special education teachers and principals. * Illustrated * Recommended Reading and Resources * Well Researched - Expert Sources * Extensive Bibliography * Fully Indexed Six years of field work and research went into the production of this book and it is thorough and accurate, including the most recent educational and scientific information. The methods and ideas described here have been field-tested and do work. Sometimes the results are astounding, with rapid progress in a short period of time. This book represents the life work of many public school educators and other professionals who work daily with children who have special needs, and was developed by public school educators. Unique Features of Overcoming ADHD Without Medication * Did you know that, many children with ADHD are highly visually-oriented? As a result, they may respond to visual stimuli more than other children. Regularly engaging in artwork can be stabilizing for many children as well as adults with ADHD. * Diet can make a difference. Cutting back on sugar and refined carbohydrates can positively affect the behavior and focus of some children. * Educational remediation is recommended before experimenting with

medications. * Sleep disorders and child abuse can mistakenly be diagnosed for ADHD. * ADHD treated with stimulant drugs can sometimes result in symptoms of bipolar disorder and clinical depression. What Children Need and What Works - Children need love and attention. - Children need good nutrition and a healthy breakfast daily. - Minimizing the time that a child spends watching TV and playing video games can yield positive results for many children. - "Green therapy," regular time outdoors, and with nature, is effective therapy for ADHD and childhood depression. ADHD and the Medical Model Many reputable child psychologists and child psychiatrists do not agree with the current, prevalent view of psychiatry based on the "medical model" of labeling and prescribing drugs. There are other models in mental health which more adequately and holistically describe the many interrelated factors of mental health, especially when touching on the mental health of children. From the Author Please see Spanish Translation of Overcoming ADHD Without Medication - Superar el Trastorno por Dficit de Atencin con Hiperactividad (TDAH) Sin Medicacin: Gua para Padres y Educadores on .com - Paperback and Kindle e-libro (ebook)