



Focused: ADHD & ADD Parenting Strategies for Children with Attention Deficit Disorder

Blythe N. Grossberg

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Equip Yourself with Practical Strategies to Help Your Child Manage ADHD from Preschool to Adulthood

Written by an expert with over 15 years of experience in treating adult ADHD and ADHD in children, *Focused* offers essential information to empower parents and provide immediate assistance. Learn to uncover your child's considerable strengths and work around their obstacles with concrete, actionable strategies that improve executive functioning, support emotional development, and promote positive behavior.

- A concise overview of attention deficit disorder in children and their different treatment options
- Over 40 parenting strategies targeting common ADHD challenges like hyperactivity and inattention
- Modification tips for adapting strategies to your child's unique needs
- Helpful tools like a quiz and worksheets to supplement your ADHD treatment plan
- Valuable parenting principles and advice for becoming your child's best advocate

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