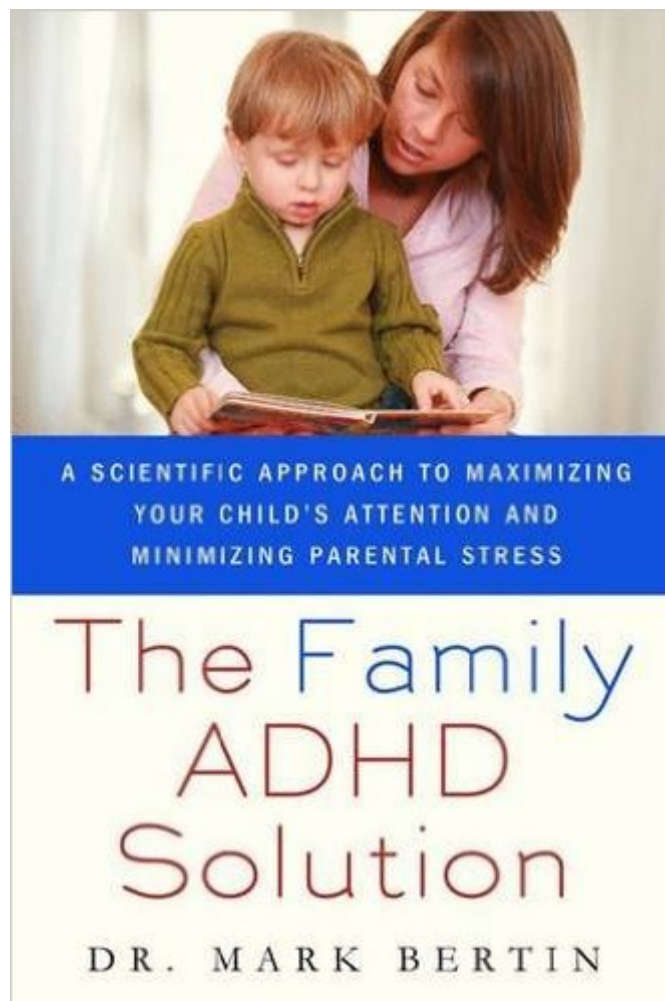


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# The Family ADHD Solution: A Scientific Approach To Maximizing Your Child's Attention And Minimizing Parental Stress



## Synopsis

In this accessible guide, developmental pediatrician Mark Bertin demystifies ADHD and offers advice to overwhelmed parents that includes clear explanations of: Biological causes of ADHD, and the ins and outs of a thorough evaluation Common symptoms, showing how they extend far beyond inattention and hyperactivity Behavioral, educational and medical approaches that increase academic and social success Research proven mindfulness-based stress reduction techniques for parents that benefit the whole family Advice to help your child build self-esteem along with healthy relationships with peers and with you

## Book Information

Paperback: 240 pages

Publisher: St. Martin's Griffin; 1 edition (February 1, 2011)

Language: English

ISBN-10: 023010505X

ISBN-13: 978-0230105058

Product Dimensions: 5.5 x 0.6 x 8.3 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (14 customer reviews)

Best Sellers Rank: #131,319 in Books (See Top 100 in Books) #4 in [Books > Parenting & Relationships > Special Needs > Hyperactivity](#) #53 in [Books > Health, Fitness & Dieting > Children's Health > Learning Disorders](#) #100 in [Books > Health, Fitness & Dieting > Mental Health > Attention Deficit & Attention Deficit Hyperactivity Disorders](#)

## Customer Reviews

I've read many books on ADHD and this is one of the best! (I'm an educator and have worked with ADHD students for over 16 years. I also have a parent and child with ADHD.) This book includes a comprehensive explanation of ADHD; it covers "clinical" information (backed by dozens of scientific research studies), but is written with great compassion for struggling families. PART I-A PRACTICAL GUIDE TO ADHD: The cost of the book is well worth Part I alone! This section provides very clear, straightforward information about: the biology of ADHD, variety of symptoms, implications, and information to ensure an accurate diagnosis. On one hand, the information in this section is not "new," but the explanations are the most thorough and clear of anything I have read. PART II-MINDFULNESS IN ADHD CARE: In this section, Bertin introduces the scientific approach of using "mindfulness" to improve coping skills for dealing with ADHD. I have personal experience with

this strategy; I learned a version of it 15 years ago to deal with chronic pain from rheumatoid arthritis and it was life-changing! I had never thought of using the same concepts to deal with the challenges of ADHD, but it makes perfect sense. This section includes sound, practical advice!PART III-COMPREHENSIVE SUPPORT FOR FAMILIES & CHILDREN: This section covers a well-rounded scope of treatment options, both medical and non-medical. Once again, Bertin's chapter on "Medical Options" stands out as one of the best I've read because it addresses a wide scope of issues that are inherent to the ongoing debate over medical treatment for ADHD. I've already recommended this book to several people: family, friends, and clients. If your life is impacted by ADHD, this book will be well worth your time and money!

As a pediatrician and a parent of a child with ADHD, I loved reading *The Family ADHD Solution*. Dr. Bertin approaches the challenges of raising a child with ADHD with warmth, humor and wisdom. He offers balanced and practical strategies for making family life more harmonious, using understanding to defuse conflict. Of particular value is the way Dr. Bertin introduces mindfulness to help parents face the ups and downs of ADHD with compassion and equanimity. I recommend this terrific book to any parent who wishes to develop a closer, more loving bond with their child.

This book was not only helpful from the perspective of ADHD parenting, but includes lots of practical, down-to-earth advice for anyone raising children. Dr. Bertin makes you feel calmer just reading and his advice has already helped me many times over. You feel like he is in the room with you, telling you everything is going to be okay and giving you an approach that can start helping bring down your anxiety and help your child from the second you put the book down. I recommend this to anyone first encountering a diagnosis or who has been living with ADHD in their family for years.

This book is a well written, evidence-based approach to ADHD. There is an appropriate level of scientific discussion in it that bears credence to the author's claims. The science is written to engage patients and families, and to help them deepen their understanding of the science behind ADHD. It is successfully done. With that scientific foundation, the book then proceeds to build plans develop skills for families and ADHD patients to augment the traditional treatments (medication) for ADHD. That part is approachable, readable and practical. So much so, that I frequently recommend the book to my families and patients with ADHD. Since I can't discuss these things in the necessary detail in the office, I ask families to use this book to maximize the outcome if the techniques are

followed.

This book was recommended by my pediatrician for my 8 y/o daughter with ADHD. With all the literature out there I had been hesitant in finding information that was informative without being too biased about the struggle to decide whether to medicate or not. This book offered excellent information both pro/con medication as well as a thorough clinical explanation of ADHD that was clear in layman's terms. I just finished reading the book and have already implemented some of the suggestions offered and there have already been HUGE improvements in our home life and both of our overall happiness! Highly recommend this book for anyone who loves someone with ADHD.

I'm about half way through this book and I'm not really getting it. I guess the author is trying to sell you on meditation in the hopes of getting the whole family calm enough to deal with their ADHD child? I'm willing to finish the book and these might be good ideas, but it's focus is on the long run. If you're looking for some solutions to getting homework done tonight, or getting your child out of the house in the morning in real time, then this is not going to help you out.

I have been meaning to write a review of this book for a while. The author Dr. Bertin has done an outstanding job researching the many symptoms, emotional reactions and behaviors associated with ADHD as well as the effects that this disorder has on the child's relationship with their family, peers and academic successes. I found it to be an easy read filled with many useful strategies for families to take home and use to improve their own mindset as well as improve their child's behavior. It is not your typical book on the symptoms of ADHD. The author give workable strategies that are very useful. While there is a lot of theory, I found that enriched the content, and it must be noted that it is also written in a way in which the average reader can understand the information and be interested by it. I often recommend this book to parents of my child patients, and they love it. I left a copy in my waiting room and someone actually stole it. It gave me an excuse to buy another copy. I would recommend this book to any parent of a child with ADHD, an adult with ADHD or any practitioner who works with families with ADHD. 5 stars for a fantastic useful tool for my practice!

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