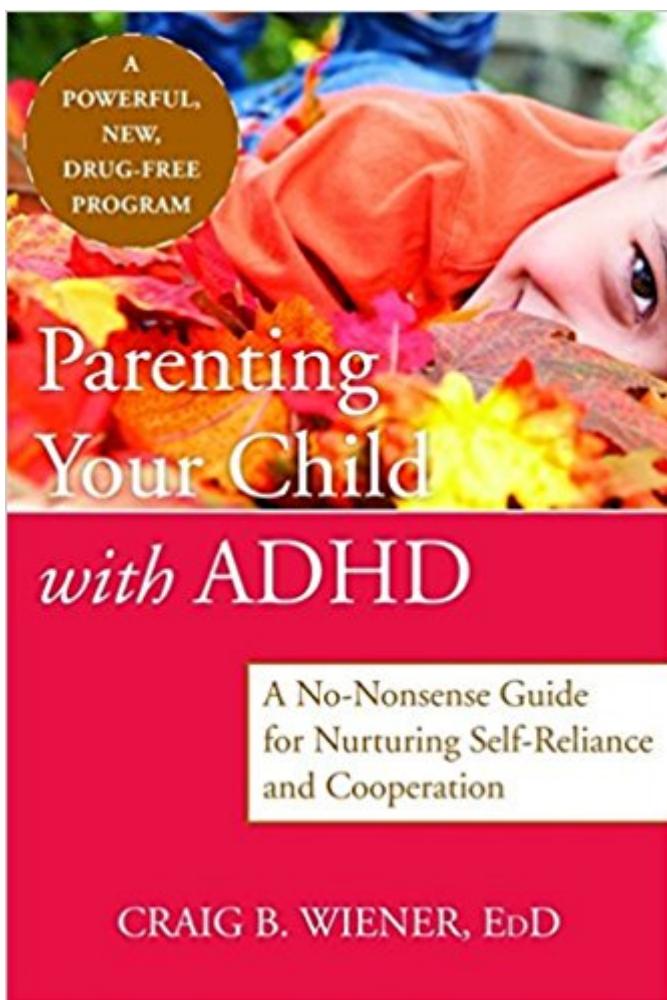


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# Parenting Your Child With ADHD: A No-Nonsense Guide For Nurturing Self-Reliance And Cooperation



## Synopsis

It is now possible for concerned parents to treat their child's attention deficit/hyperactivity disorder (ADHD) without medication. This book shows them how. Written by a supervising psychologist who specializes in child behavioral issues, *Parenting Your Child with ADHD* presents a groundbreaking program for parents seeking to reduce their child's inattention, hyperactivity, and impulsivity and strengthen his or her capacity for self-reliance and cooperation. This unique program promotes positive ways of interrelating and shows parents the five main ways they may have unwittingly reinforced ADHD symptoms in the past. Far from encouraging parents to strictly manage ADHD children, this approach promotes independence in kids so that less discipline and surveillance is necessary. Specifically, this book helps parents promote cooperation by phrasing their requests in specific ways, reduce pressure on their child, and acknowledge the child's preference as a way to make cooperation a more attractive choice to him or her. Parents learn to resolve problems related to messiness, inappropriate silliness and intrusiveness, chores and helping family members, coordinating schedules, sneaking and stealing, noise and yelling, and overreacting. The second part of the book moves on to issues that take place outside the home, such as shopping excursions, family outings, and travel. Finally, parents learn ways to increase their child's independence and cooperation with schoolwork and compliance in the classroom environment. The child learns the value of being knowledgeable without the motivation of punishment or gift rewards.

## Book Information

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## Customer Reviews

If you have picked up this book, you are probably frustrated and looking for some answers. After teaching parenting for over 30 years, this is by far the most helpful, practical book I have read on ADHD. If you are tired of yelling, threatening, taking away privileges, and bribing, then this book is a must-read. Kathryn Kvols, author of *Redirecting Children* Behavior and president of the International Network for Children and Families A practical, non-judgmental guide for parents seeking an alternative to medication. L. Alan Sroufe, PhD, professor at the Institute of Child Development, University of Minnesota, and author of *The Development of the Person* A highly recommend this book for all educators who are seeking alternative methods to work with students who test the boundaries of behavior. Craig B. Wiener gives us examples and insights to assist us in understanding why and how some children who were previously described as having conditions can be worked with using techniques that can modify unacceptable behaviors. This book supports the Montessori method, which also endorses doing the hard work necessary to help the child for the long term. I suggest to anyone interested in positive results to put in the time and effort with methods that are outlined in Wiener's new book. Christine Kovago, director at Pincushion Hill Montessori School Parenting Your Child with ADHD is a very impressive book that challenges assumptions about ADHD in a thoughtful, skilled fashion. Wiener offers parents an alternative approach to medication; one that emphasizes nurturing a child's self-confidence, self-reliance, self-discipline, and resilience. He highlights practical and realistic strategies to address common issues faced by children with ADHD, their parents, and teachers. His empathic, nonjudgmental perspective is evident on each page of this book. Parenting Your Child with ADHD will serve as a rich resource for parents and professionals alike. Robert Brooks, PhD, coauthor of *Raising Resilient Children* and *Raising a Self-Disciplined Child*

Craig B. Wiener, EdD, has worked for over thirty years to help individuals diagnosed with attention deficit/hyperactivity disorder. He is a licensed psychologist and faculty member in the Department of Family Medicine and Community Health at the University of Massachusetts Medical School. His years as clinical director of outpatient mental health at the Family Health Center of Worcester and clinical experience in private practice led him to create a unique approach that identifies the factors that contribute to the reinforcement of ADHD behaviors. He lives in Worcester, MA.

I don't think that the author's intent is to find blame, but rather to have parents feel empowered ---

they actually CAN do some things to create changes in children's responses. I believe that one thing that causes some confusion is the difference between medical diagnoses and mental health diagnoses. Medical diagnoses (e.g. strep throat) are black and white. It IS strep throat and we know what causes it and how it is cured. Alternatively, mental health diagnoses are very different. They are purely descriptive. The manual used (now DSM 5) lists a series of symptoms, and, if the patient identifies with X number of symptoms, the diagnosis can be made. What it does NOT indicate is WHY the person is exhibiting this set of symptoms or WHAT may be a solution to change. So, in ADHD children may identify with the same set of symptoms, but for very different reasons. It is the role of the clinician to work with the patient and/or family to discover why these symptoms are occurring, and, once that happens, the solution becomes clearer. There are many contributing factors to someone behaving in a particular way and Dr. Wiener offers the consideration of reinforcement as a way of understanding the behavior and some "hands on" techniques to avoid patterns that may be reinforcing negative behavior and introduce others that could create reinforcement of the behavior patterns we are seeking.

Having attended two presentations by Dr. Wiener and having read his book "Parenting Your Child With ADHD..." I find his methods and research both easy to incorporate and sensible. I taught middle school, high school, and college for 36 years and wish that Dr. Wiener could have spoken with parents and other educators. Yelling and threatening may "work" but do not solve long term behavioral issues. Respect and responsibility, cornerstones of changing behaviors, are what Dr. Wiener advocates.

I AM GRATEFUL FOR THIS SUPPORT, AS MY NEW GRANBABY IS STARTING TO TEST HIS WATERS, AND US! I HOPE TO READ ALONG AS HE IS GROWING MORE INDEPENDENCE EACH DAY. LETS SAY I AM LEARNING! THANKS, LUV U DR. WIENER

This book is very good and was exactly what I expected to get. The description was dead on and helpful.

Excellent easy to read book. I am looking forward to giving to a friend with an ADHD child having the exact issues as outlined in this bookxell

Hard to follow for the layman like me, seems like good advice but not put in a way everyday people

would understand

I have a seven-year-old son whose mother and half-brother have both been diagnosed with ADHD. My son has not been recommended for evaluation, probably because he is gifted, but he does sometimes display behaviors that look like ADHD. This book changed the way I thought about ADHD and how best to approach it. Just last night, we had a family conversation regarding a problem behavior that went much better than I expected--my son remained calm and helped brainstorm solutions--and I can only credit that to our use of the suggestions in this book. In Dr. Wiener's view, ADHD is a set of behaviors that a child has learned to do, rather than a disability. He illustrates this distinct possibility with plenty of examples that anyone who has spent time around children can relate to. But you don't even need to buy into that view to start helping your child change his or her behavior, because Dr. Wiener's guidelines are grounded in cognitive behavioral therapy, which is proven to be effective at helping people change the way they think and behave. This book will help you analyze certain of your child's behaviors. If you can see how sometimes your child's "ADHD" behavior might net him or her certain psychological rewards--via any one of the five A's of attention, accommodation, avoidance, acquisition, and antagonism--you can change the consequences of (i.e., your responses to) that behavior so that it no longer has the same result. When your child learns through experience that he or she can better benefit by using different behaviors, those different behaviors will eventually replace the old ones. Keep in mind, Dr. Wiener says, that your child isn't necessarily consciously "using" ADHD behaviors to get what he or she wants--it just happens that over time your child has found that certain behaviors usually result in certain desirable consequences (e.g., if your child forgets that she has homework, she can spend more time playing video games), and so these have become habits. Dr. Wiener's stance is that as with any habit, ADHD behaviors can be changed. It may take work and patience, but you will see results! Even if you have already made the choice to medicate your child for ADHD and seen drastic improvement, the behavior change principles in this book still apply and will help your child for the rest of his or her life. After all, one day your child may go off medication or it may no longer be as effective as it once was. Written clearly and intelligently, this book is filled with tips and exercises. It includes easy-to-find sections that outline how you can change the way you talk to your child to let him or her know that his or her behavior is a choice and that you can work together to figure out better solutions. These are great for photocopying and hanging up around the house as reminders. Dr. Wiener emphasizes that when you treat your child as capable of meeting expectations and show this through your words and your actions, your child will grow into bigger roles and responsibilities,

whereas if you keep your expectations low your child will continue to be more dependent on you and others. In conclusion, this is a good guide for any parent of a school-age child, because every parent should strive to cultivate certain qualities in their children (e.g., independence, self-reliance, confidence, problem-solving skills, and consideration of others) in order to help mold well-functioning, capable adults. Whether or not your child has been diagnosed with ADHD, the guidelines in this book can help you decrease ADHD-type behavior, help your child meet expectations both in school and at home, and make your lives easier in the long run (improving your relationship with your child in the process, when you no longer have to constantly remind, reward, or punish your child!). Thanks, Dr. Wiener, for helping people look at the problem in a thoughtful new way and creating a very handy resource.

Craig Wiener's new book, 'Parenting Your Child with ADHD', is a must read for any parent with children. The book is an easy read with a wealth of common sense offerings that can help any parent with 'the job at hand'. Whether you feel your child has a current behavior issue or not, Craig Wiener's easy to understand philosophy and techniques are a gift. In fact, I've found that his writings have not only been beneficial with the relationships with my children, but that they have helped me with my dealings with all sorts of adults. My child, had once been diagnosed with ADD and it was recommended that he be put on behavior modification drugs, I rejected that solution and instead have been utilizing Dr. Wiener's advise gleaned from his second book and now this new one. My child is now well behaved, responsible, and a very good student. Thank you Dr. Wiener.

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