

ADHD GUIDE

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**FACTS AND STRATEGIES FOR
PARENTS AND TEACHERS**

DESIREE SILVA AND MICHELE TONER



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Children with ADHD may be talented, resilient and often misunderstood. They can be challenging but are never boring. Parenting requires exceptional skills, which can prove difficult when parents have to manage their own mental health issues, negotiate barriers within the home, school and health system. Understanding and supporting children with ADHD from a young age will improve their education experience, social outcomes in adolescents/adulthood and family functioning.

Desiree Silva, 2017

Before you read a single tip or consider a single strategy in this book, please know this: everything in these pages is written with compassion, and an understanding of how challenging it is to parent a child with ADHD. It requires research, organisation, mediation, advocacy, patience, energy and compassion. Remember to extend that compassion to yourself. You will have days when you feel like ‘Superparent’, ready to leap the tallest buildings of bureaucracy. And you will have days when you feel like a failure. Celebrate the good days and learn from the others.

Our book is designed for you to flip through and choose an area to work on with your child. Do not feel the need to change everything at once.

Michele Toner, 2017

FOREWORD

Attention deficit hyperactivity disorder (ADHD) is the most common mental health condition in children and is present in most countries around the world. Although there is an abundance of literature on ADHD with plenty of scientific information, this condition remains controversial and often under diagnosed.

Many books have been written for parents about ADHD but most of them are quite scientific, and they can be difficult to navigate, especially if you are a parent with some symptoms of ADHD yourself.

This book is a go-to guide for parents and teachers, providing up-to-date knowledge in a simple, easy-to-read format. It is filled with information your doctor would like to provide but is often unable to do so in the limited appointment time available. This book also gives a framework for how you can manage and advocate for your child in different settings, with or without medication. It summarises evidence to date for medication and alternative therapies, examines commonly held beliefs about ADHD and debunks myths, and gives practical tips to help manage your child with ADHD.

This book has been written by a developmental paediatrician (Desiree Silva) and an ADHD coach (Michele Toner), both of whom are passionate about improving the lives of children with ADHD and their families. They both have over 20 years of experience in the field and recognise the need for this practical guide.

FOREWORD

This is a comprehensive and easy-to-read book with up-to-date information for parents, families and teachers of children with ADHD, and also for allied health workers, general practitioners and others who have contact with these wonderful children.

The ADHD go-to guide provides a summary of the science behind ADHD, and the strategies suggested will empower parents and teachers to better understand this common condition. It will help to remove the stigmas associated with ADHD – ‘the naughty child’, ‘poor parenting’ or ‘the lazy child’ – and will provide advice on how to most assist in advocating for your child.