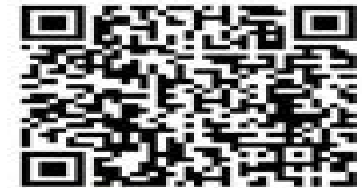


ADHD Parent Support Group

Informational and open forum sessions

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6:30 PM @ Starbucks Liberal Location



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Elaine Taylor-Klaus, Diane Dempster

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Parenting ADHD Now Elaine Taylor-Klaus, Diane Dempster, 2016-11-15 An empathetic personal and practical approach for parents craving relief from the wide ranging childhood impact of ADHD Mark Bertin M D author of Mindful Parenting for ADHD Parents This book is for you Most of us need help to overcome the challenges of parenting a child with ADHD Watching your bright vibrant child struggle with ADHD can make you feel helpless especially when you don't have the tools to help them succeed There is a great deal of help available for children with ADHD but there simply aren't enough resources for parents of ADHD children and you need support just as much as your child The National Institute of Mental Health recognizes that frustration blame and anger are common in families with ADHD children Children with ADHD need guidance and understanding from parents to reach their full potential Yet it can feel impossible to manage the challenges you experience as a parent in order to be the support your child needs Diane Dempster and Elaine Taylor Klaus are ADHD coaches educators and the cofounders of ImpactADHD They started off just like you feeling frustrated and lost about how to help their ADHD children and how to take care of themselves as well Since that time they have become national leaders in the world of ADHD representatives of the voice of parents and the go to experts for parenting children with ADHD They have successfully armed thousands of parents with the tools they need to help themselves and their children with ADHD In Parenting ADHD Now Diane and Elaine combine their practical know how and professional expertise to offer immediate actionable strategies you can use to guide and support your ADHD child compassionately and effectively The material presented in this book is grounded in three main concepts Apply the Coach Approach to Parenting This unique method gives you permission to pay attention to yourself build up your own confidence and self esteem and apply these tools when working with your child with ADHD Use Real Practical Strategies Learn to effectively navigate the complex terrain of ADHD confidently minimize ADHD related stress in your family and foster your child's independence Focus on the Parent This is not about fixing your ADHD child This is about shifting your focus inward and empowering yourself so that you can empower your child as they navigate life with ADHD You can dramatically improve life for your child with ADHD With Parenting ADHD Now you will learn to set healthy limits find compassion and acceptance change your habits laugh instead of cry understand instead of yell and thrive instead of just survive Attention, Please! Edna D. Copeland, Valerie L. Love, 1995 A comprehensive guide this resource offers solutions for successfully parenting children with ADHD ADD and hyperactivity Written by professionals who are also parents the well researched reference features with real life experiences and suggestions to help families

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