



Raising Boys With ADHD: Secrets for Parenting Healthy, Happy Sons

James W. Forgan, Ph.D., & Mary Anne Richey

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Written by two professionals who have been there and done that with their own sons with ADHD, *Raising Boys With ADHD* empowers parents to help their sons with ADHD find success in school and beyond. The book covers topics not often found in other parenting guides such as the preschool years and early diagnosis and strategies for teens transitioning to work and college. Filled with practical knowledge, resources, and tools needed to help parents address the many strengths and challenges of boys with ADHD, this book provides parents with encouragement and hope for the future.

Raising Boys With ADHD: Secrets for Parenting Healthy, Happy Sons Details

Date : Published March 1st 2012 by Prufrock Pr

ISBN : 9781593638627

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Format : Paperback 240 pages

Genre : Parenting, Nonfiction, Self Help



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From Reader Review Raising Boys With ADHD: Secrets for Parenting Healthy, Happy Sons for online ebook

Morninglight Mama says

This is, by far, the best of the many books I've read about parenting children with ADHD, being the most comprehensive and easiest to immediately apply to real life. It's focus on boys with ADHD made it 100% applicable to my life as a parent, and it was eerily on target with describing our experiences at home and with our son in school. I appreciated the fact that it addresses how ADHD can manifest itself throughout a child's life, from preschool through the late teen years. This book has shot to the top of my list of recommendations on the topic.

Megan says

This had many good reminders about what my son is going through and how I can help him. I copied a lot of notes down so I can keep going back to them. It's hard to remember some of this when you're in the trenches of dealing with ADHD day-to-day. The phone calls/emails from teachers, the therapist appointments, the nervousness during baseball practice, the trying to stay calm while he's falling apart. I'll review what I learned here and try to do the best job i can for him.

Angela says

Found this book to be very well written, easy to read and full of information. I borrowed this book from the library, but has so much useful information that I will now purchase the book. This is my first book on ADHD, but it really opened my eyes and broke my heart at the same time. It covers elementary year up to teenage years.

Olivia says

This book was easy to read with clear organization of information. I learned a lot and was given a lot to think about. I feel this book will help me better advocate for my son and help him learn to manage his ADHD symptoms.

Karen Li says

While ADHD presentations are becoming more common in my clinic, I have been searching for an easy to understand the helpful guide for parents. Kids with ADHD- hyperactive subtype diagnoses are sometimes struggling in the school environment both academically and socially because they are simply too interested - IN EVERYTHING at the SAME TIME.

I have a bunch of beautiful parents who have worked so hard at making things work for their children that

they are exhausted. To be honest, a session with a child with ADHD can be exhausting trying to keep up with the many interests they may have.

This book is really empathetic to the struggles parents will go through. And provides really practical tips for parents.

This book is helpful in that it's got a separate chapter for each period of development.

More at: <http://couragepsyc.blogspot.com.au/20...>

Julie says

I am grateful that I read this book. It has truly opened my eyes to understanding the challenges that my son faces, and what we can do to help him meet and overcome those challenges. It is very well written, interesting to read, and easy to understand and apply. Both of the authors have sons with ADHD, and both have professional experience working with boys with ADHD in school and counseling settings. They cover the challenges and concerns for boys with ADHD from preschool through college, and gives so much detailed, helpful advice in many, many areas, including: selecting the best school/education options for your son, communicating with teachers and administration at your son's school, seeking professional help when needed, disciplining him at home and helping him build on his strengths, develop healthy self-esteem, and feel unconditional love and support.

Austine says

I think I was looking for something with more concrete ways of dealing with ADHD in teenage boys. I felt like this was more of a how to talk to and use people with in the system. Unfortunately for me I live in a very small town and most individuals will not work with my son like this. I needed something that my family could really use. This just didn't help us in any meaningful way.

Erik Zweigle says

I found this to be light on specific actions or activities which could be undertaken to help improve a boy with ADHD's lifestyle. It seemed all very common advice - limit TV/video game time, implement 504/IEP plan with school, play to his strengths, get him in sports/outdoors, help him learn skills to cope with his disability.

I skipped the chapter on teenage years since my son is a kindergartener but I doubt I'll hold onto this book long enough to read that section. It just isn't that valuable of a reference document.

Robert says

This is the first book on the topic that I have read. I can't really assess the book's quality until I've read others of a similar nature. As it stands, it seems to cover details of parenting boys with ADHD in a non-technical manner. Much of the advice given with regards to boys with ADHD seems to be applicable to all parenting,

perhaps just more necessary for some boys with additional difficulties.

I was not so favorably impressed with the idea that a boy with ADHD should tell people right away about their condition. So much of what people observe is based on what they expect. Telling someone that you have a mental condition seems to predispose them to expect unfavorable behavior. It also seems to provide some sort of an excuse for your own poor behavior.. "It's beyond my control." I would be leery of these to aspects of this particular advice, but I must admit I am not an expert in the field and my opinion is not very weighty.

Ricky Geerin says

A lack of relevance to Australia, but over all a good read with some interesting perspectives and practical ideas

Heather Fielden says

This was a great book to start out reading with a new diagnosis... it gave me some great nuggets of insight. It was very informational, and I found myself reading to the questions in my head that I never spoke out loud. There is a large section on teens, and I skipped that for I am still just with a 2nd grader. I am keeping this book, it is highlighted and sticky noted. It felt like there were lots of action steps, I need to go back and re-read.

Cheryl says

I have a friends with brothers who have ADD/ADHD, so reading this was really interesting. From the little bits of what I've seen, I can tell it's difficult, and sometimes exhausting. Any kind of book with a purpose to help ease their troubles is awesome. I didn't plan on keeping this book (I didn't plan on winning either! That was awesome.) for myself, but I did want to read it. I can sort of understand the subject more clearly now. YAY knowledge!

Clearly, James W. Forgan and Mary Anne Richey know what they are talking about, having first hand experience, both scientific and personal, on the subject. Raising Boys with ADHD: Secrets for Parenting Healthy, Happy Sons is just PACKED with information, tips, and tactics. It's pretty inspirational, filled with words of wisdom, praise, and support. It's heaven sent, and it is one guide that WILL help.. For anyone who has a child(ren)or knows someone with a child(ren) with ADHD, check this rewarding book out.

Angel says

My 7 year old son was diagnosed with ADHD last year and sometimes I feel a bit lost in handling things. This book was helpful and easy to read. It doesn't say "hey, here's all the answers you need, just follow our formula!" but gives insight into what's going on and helpful ideas to manage behavior and help our son.

Erin R says

I thought that this book was really useful not just for parenting boys with ADHD, but for parenting in general.

One of my favourite things about this book was how easy to read it was. I never felt like I was reading a boring textbook on ADHD with pages and pages of text. This book has lots of interesting charts and tips that kept my attention and it's nicely divided into subjects so I never felt overwhelmed.

I will definitely be passing this book along to my teacher friends because it has a lot of great information in it.

Entisar Radhi says

The first lesson I learned from this book is that the western perception of children's psychological and developmental disorders doesn't differ much from ours. There are still a lot of families that tend to deny the fact that their kid suffers from one of these disorders, there still exists a lot of misconceptions about these cases in some schools and there's still a general hesitation when it comes to consulting a psychologist or using medical drugs exactly like there is in our societies.

I pretty much liked this book but that is not simply because I happen to be a mother of an ADHD child, but because I believe that this disorder has been neglected, it's a disorder that many still know very little about. This book has helped me a lot as a mother, as a writer who plans to publish in that field, as an instructor, researcher and a trainer who feels responsible about educating the public about this disorder.

This is a very practical simple-to-read book. It isn't based on philosophical analysis but on an actual experience of parents who went through the journey of diagnosing and getting the right medical treatment for their kid. I highly recommend it.
