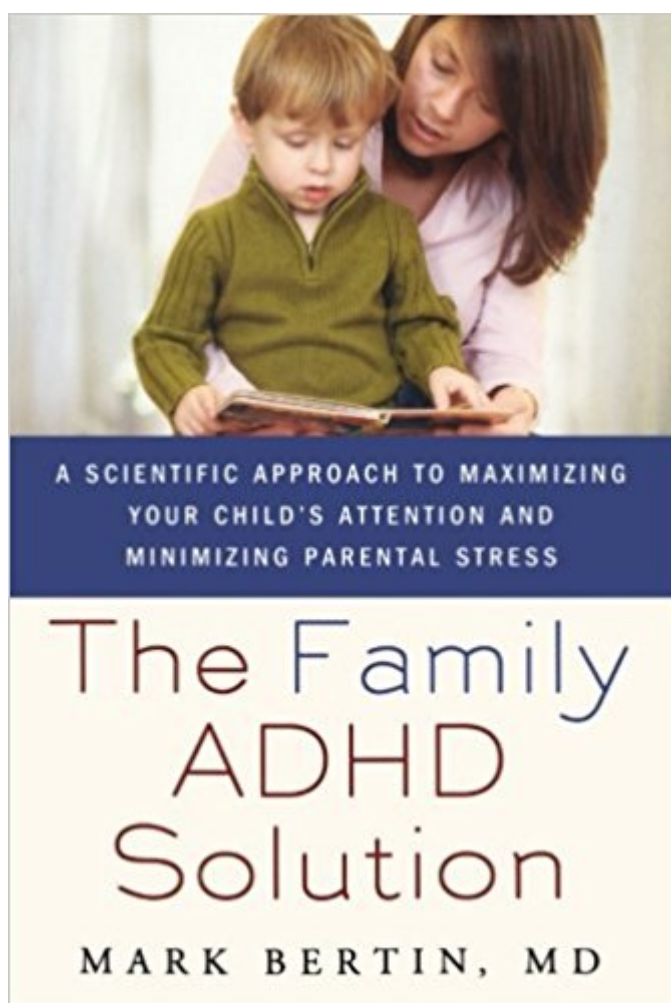


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# The Family ADHD Solution: A Scientific Approach To Maximizing Your Child's Attention And Minimizing Parental Stress



## 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

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## Customer Reviews

• ADHD challenges a child and also a family; The Family ADHD Solution balances an expert approach to the science of understanding, managing, and living with ADHD with practical, evidence-based, and sympathetic strategies for the whole family. Dr. Bertin will help parents and children cope, understand what is happening, and live and learn together from one day to the next. • Perri Klass, M.D., author of Treatment Kind and Fair: Letters to a Young Doctor • Mark Bertin has written an insightful guide to help families approach the challenges of attentional difficulties with a mindful approach. While "attention deficit" refers to a complex set of dysfunctions in much more than the focus of attention, it fills families with a wide array of issues. To support the ever-stressful journey, the author takes the important but often forgotten stance that caregivers need their own deep understanding and self-care in order to function well and offer the optimal help

to their children. What this means is that parents and other caregivers of children who have executive functions not working as they should--being able to pause before acting on an impulse, sustaining attention, avoiding becoming distracted--can now have an accessible method for maintaining a calm and clear focus of their own attention to keep their families functioning as best they can. Research has suggested that learning to be mindfully aware can help reduce stress, focus the mind, keep emotions balanced, and even improve your immune function. The bottom-line of these studies is that you can learn to approach challenging situations with resilience. So why not take the small amount of time to read this wonderful book and prepare yourself and your family well for the challenges ahead?

• Daniel J. Siegel, M.D., author, of *Mindsight: The New Science of Personal Transformation* and *Parenting from the Inside Out* "An excellent guide for families with children with ADHD. Mark Bertin not only explains the science behind how ADHD affects the brain, but also provides real tools and techniques for parents to both help their children succeed at home and academically, as well as restore balance to their lives."

• Edward Hallowell, M.D., author of *Driven to Distraction* "The Family ADHD Solution by Mark Bertin jumps to the top of my book list for families living with ADHD. It captures the science and the human story of ADHD with clarity and specifics " and offers the first real approach to parenting a child with ADHD that doesn't blame the child or the parent. This book fills a gaping hole in the ADHD parenting bookshelf " providing a working understanding of ADHD that is accurate and accessible and giving parents a chance to literally catch their breath and recognize how hard it is for the child with ADHD and for parents trying to get their child on the right track. Compassion for the child and the adults working with the child define everything else that Dr. Bertin discusses. The book assumes that interventions will be difficult and need to be changed over time " and doesn't apply a one size fits all approach. The tools provided are different than those found elsewhere " and the science supports the tools. Strategies that parents learn from this book are specific enough to try right away " and flexible enough to modify for different children and over time with the same child. I love this book and cannot wait to be able to recommend it to my patients and families."

• Candida Fink, MD, author of *The Ups and Downs of Raising a Bipolar Child* "I highly recommend this book. It's excellent, comprehensive coverage of practical information linked to scholarly research will help parents better understand and cope with the expectable challenges of parenting a youngster with ADHD. The author conveys in an articulate, engaging, and thoughtful manner a high level of familiarity with these challenges, and provides a clear set of empirically based techniques to manage them. Especially valuable are the emphases on the biological underpinnings of ADHD to help lessen the likelihood of blame, mindfulness techniques to manage stress and facilitate self-regulation, and guidelines to track the

effects of medications and adjust dosage levels when needed.â

• Norman Brier, Professor of Pediatrics and Psychiatry and the Behavioral Sciences, Albert Einstein College of MedicineâWith compassion and insight, in language that is easy to understand, Dr. Bertin has taken on the task of explaining ADHD to families struggling to make sense of this difficult topic. And he succeeds brilliantly, shining light on difficult concepts and offering tools for dealing with the challenges in children's lives. It is a book that should be on the bookshelf of every parent and grandparent of a child with ADHD.â

• Robert Marion, M.D., Director of the Children's Evaluation and Rehabilitation Center at Albert Einstein College of Medicine and author of *Genetic Rounds: A Doctor's Encounters in the Field that Revolutionized Medicine*âThis book offers parents of children with ADHD a truly unique combination of medical expertise and compassion-- compassion for themselves, and for their children. Dr. Bertin applies his knowledge of cutting edge neuroscience and his experience of mindfulness to offer specific practices and advice for responding to the challenges of ADHD and to enhance the joys of parenting.â

• Amy Saltzman M.D., co-founder/director Association for Mindfulness in EducationâDr. Bertin has hit a home run with *The Family ADHD Solution*! A noted expert in developmental pediatrics, Dr. Bertin addresses a potentially overwhelming subject with not only clear clinical expertise and guidance, but also with reassurance and compassion. He has taken the mystery out of this conditionâit is a wonderful resource for families.â

• Peter L. Richel, MD, FAAP, Clinical Assistant Professor, Department of Pediatrics, New York Medical CollegeâThis is a comprehensive manual for parents and families of a child with attention deficit hyperactivity disorder that undoubtedly can be useful in understanding the nature of the disability and practical approaches toward treatment.â

• Dr. Herbert Cohen, Professor of Pediatrics, Albert Einstein College of MedicineâFinally, something new for ADHD! Along with lots of great information about ADHD, Dr. Bertin's mindfulness approach is the missing piece that will enable parents to make better use of that information. The constant crises of raising a child with ADHD can drive even the most patient parents to their limits. Fortunately, Dr. Bertin presents specific, practical strategies to ride through those stressful moments with greater poise and wisdom. The parents will be calmer and the kids will be better behaved--everybody wins!â

• Ari Tuckman, PsyD, author of *More Attention, Less Deficit: Success Strategies for Adults with ADHD*âThe *Family ADHD Solution* is a wonderful tool for parents with an ADHD child. Grounded in science and rich clinical experience, Dr. Mark Bertin discusses ADHD in an insightful way and highlights mindfulness meditation as an effective way to deal with parenting stress. A gift to parents (and their children) and a truly mindful book!â

• Lidia Zybowska, M.D., Co-Founder and Assistant Clinical Professor, UCLA Mindful Awareness Research CenterâDr. Bertin's book couldn't be more timely for my practice. As a

primary care pediatrician, I have been searching for the missing link in helping families with ADHD. His clear presentation, combined with evidence based medicine, has already started helping me help families with ADHD. It will be a prominent asset in my toolkit not only for ADHD management, but also for helping all families live happier lives. • Elio Gizzi, M.D., Site Chief, Kaiser Richmond Pediatrics • Dr. Mark Bertin's compassionate, informed guidance for families affected by ADHD combines sound science and practical tips with a mindfulness-based approach. An invaluable addition to the ADHD library. • Gina Pera, author of Is It You, Me, or Adult ADD?

Mark Bertin, M.D., is a pioneering developmental pediatrician in private practice in Pleasantville NY, Director of Developmental Behavioral Pediatrics at the Westchester Institute for Human Development and assistant professor of pediatrics at New York Medical College. He trains physicians, teachers and psychologists in ADHD care, and leads stress-reduction classes for parents.

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!

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.

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.

Great book with tips on how to manage ADHD as a family!

The information was presented in a very easy format and described the importance of understanding ADHD.

This book is very helpful both for medical professionals and families. It helps wade through much of the information and misinformation that swirls around the diagnosis and treatment of ADHD. Highly recommend!

This book is well written and speaks directly to the reader. I felt as though the author was speaking directly to me, and knew exactly what we have been going through. Concerns we have had, stresses we have feeling. We have made some of the changes suggested in the book and they have been a HUGE help. My entire family is feeling decreased stress and more importantly my son is feeling less stress and more happiness. I have suggested this book to everyone who will listen to

me. Much of my family has also purchased the book after hearing my raving reviews of it. I appreciate that the author does not speak in a lot of medical terms that are over the average person's head, his explanations are so clear. This book makes you feel like you are not alone. What you are experiencing in your family and your child is experiencing is common and it can get better. This book has been the single most helpful set of information we have come across. If I could give it more than 5 stars I would.

I loved this book. Not only did it have clear and understandable information about the many facets of ADHD, it had unique and interesting solutions on how to deal with different challenges a family will inevitably have to deal with.

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