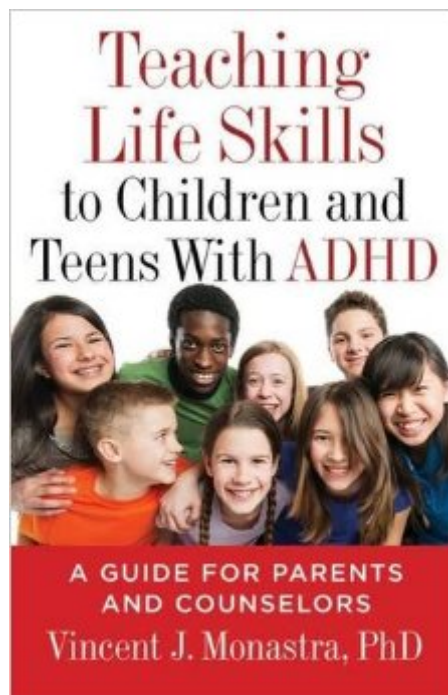


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# Teaching Life Skills To Children And Teens With ADHD: A Guide For Parents And Counselors (Lifetools: Books For The General Public)



## Synopsis

You hoped your child's tantrums would fade once she started elementary school. You hoped she'd be able to share. You hoped she'd be calm and happy after wearing herself out at recess...instead, her energy bubbles out all over the classroom. No matter how often you remind your teen: "look at me when I'm speaking," "respect others' personal space," "quit freaking out over everything!" he just doesn't seem to understand. For most kids, these are momentary glitches. For some, learning to relate to others doesn't come easily. When children have attention deficit/hyperactivity disorder (ADHD), even if their medication smooths out the worst of the bumps, they still may have a lot of trouble in social situations like school. *Teaching Life Skills to Children and Teens with ADHD* describes the Life Skills Program created by author Vincent J. Monastra at his ADHD clinic. It features practical strategies for helping children and teens develop essential life skills at home, school, or in a support group setting. Some of these skills include: engaging others in conversations; seeking out confidence-building experiences; responding appropriately to teasing; establishing friendships and social networks; trying group activities to avoid isolation; developing healthy eating, sleeping and exercise habits; solving problems and getting organized; and showing sensitivity to others' emotions. Each chapter includes exercises to help you teach, model, and guide your child in trying out these skills. Interactive checklists, quizzes, and guided journal entries are provided as tools for reflection and for engaging children and teens in ways that are interesting and fun.

## Book Information

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## Customer Reviews

I wish I could give more than 5 stars as a way of saying just how good this book is. When my sons were younger I did the play dates with other moms. Now that my kids are at the pre-teen age, it is basically dropping them off for a few hours of fun at a friend's house. And in case of my one son, he has played with the exact same friend since pre-school. Reading Dr. Monastra's newest book has allowed me to expand my own focus on how I can help my son make and keep friends. Sometimes it's not just a confidence thing that's missing but opportunity that's lacking. Rather than waiting for an innovative program or "professional" at school to lead a social skills group, I have begun to assemble a group of moms with similar concerns to try out the activities recommended in his book. The parents seem to be having as much fun as the kids, as we're all learning together. Loved the stories in the book and the comic strips were great! My kids thought so too!

Dr. Monastra brings his decades of experience working with children and adults with ADHD to his life skills classes and his most recent book. The challenge of learning life skills such as presence, conversation, a growth mindset, grit, and caring for others are even more difficult for children with ADHD. Dr. Monastra's empathy, knowledge, and experience make his book a usable tool for parents and others who work with these children. He has a broad understanding of the causes of poor attention and its treatment.

Great book, wonderful information! Wish I had this when I was a kid, sure would have been helpful as I was growing up! But it'll come in handy teaching my 11 year old son...

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