

20 Questions to Ask If Your Child Has ADHD (EasyRead Comfort Edition)

Mary Fowler



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You may find that exploring the subject of ADHD and eating popcorn have a lot in common. Once you start, you keep going. This book provides the first course. I encourage you to continue to educate yourself about ADHD. Eat heartily, but practice good nutrition! Take your information from sources that have been validated by quality research and practice. For more than 20 years, I have lived, studied, and written about this disorder. The information in this book comes from highly respected research findings and practice. The book is a primer designed to answer your basic questions, but is not intended to replace professional help. If you, your child, or family is struggling, I strongly encourage you to seek outside help. Use your reading as a basis of self-education - not as a replacement for necessary treatment. This book is organized into four parts. Questions 1-5 provide general information about ADHD. Questions 6-9 explore social-emotional issues. Questions 10-15 examine home and family problems and strategies. Questions 16-19 cover ADHD and school-related issues, and Question 20 offers guidance for the future. Additionally, Scott Eyre's foreword reminds us that tomorrow is built upon today. So much can be done to help your child live a well-adjusted life. May this book answer most of your questions, steer you in the right direction, and bring you and your child comfort and support, a sense of balance, and a healthy dose of lightheartedness and hope.----Introduction



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