



# Step by Step Help for Children with ADHD: A Self-Help Manual for Parents

*David Daley, Cathy Laver-Bradbury, Anne Weeks, E Sonuga-Barke, Margaret Thompson*

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Raising a child with ADHD can be distressing and exhausting for the whole family. But given the appropriate knowledge, and the right tools, parents can intervene to manage their child's behaviour, leading to improved relationships at home and, it is hoped, a more successful time at school.

This simple, flexible six-step programme is full of tried-and-tested ideas for parents and professionals supporting families of young children with ADHD. By practicing the techniques and strategies, parents will gain confidence in their parenting and, over time, will improve the child's management of the condition. The programme includes games that will help improve the child's attention, exercises to develop patience and tips for supporting the child in successful self-organization. There are also plenty of useful ideas for developing communication between parents and schools.

Based on research and extensive clinical experience, Step by Step Help for Children with ADHD will help families to adapt their parenting to the child, improving relationships and behaviours in the home and at play group.

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