



Teaching Life Skills to Children and Teens With ADHD: A Guide for Parents and Counselors (Lifetools: Books for the General Public)

Vincent J. Monastra

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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. 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.

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