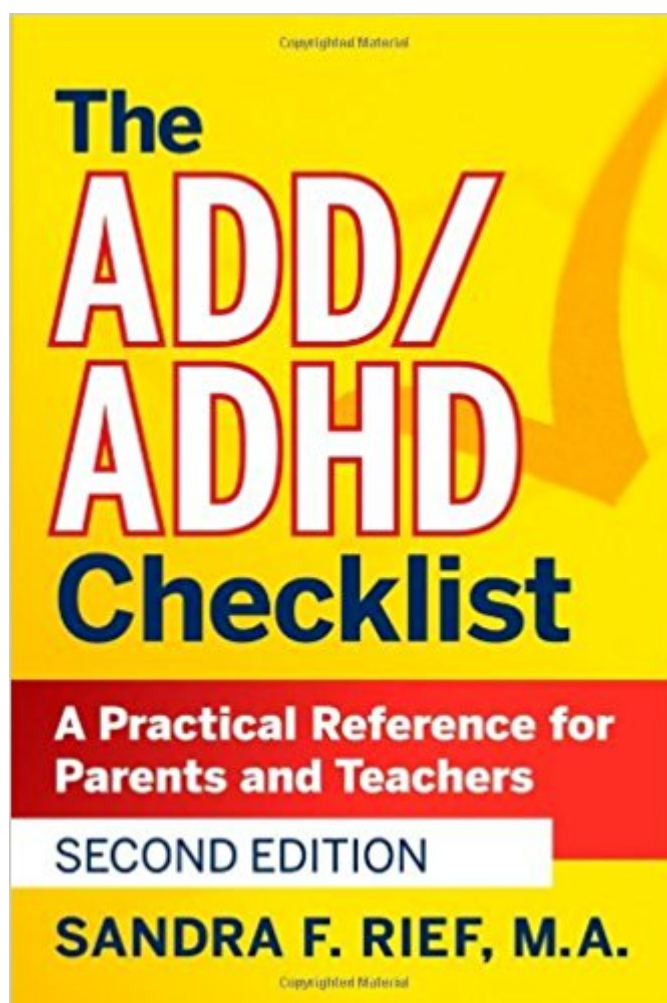


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# The ADD / ADHD Checklist: A Practical Reference For Parents And Teachers



## Synopsis

The bestselling guide, fully revised and updated, offering practical information and tips to help every child with ADHD succeed The ADD/ADHD Checklist helps parents and teachers to better understand children and teenagers with attention problems and provide the kind of support and intervention that is crucial to kids' success. Presented in a concise, easy-to-read checklist format, the book is packed with practical advice and information on a wide range of topics, including what we do and don't know about ADHD, probable causes, critical elements for school success, the most commonly prescribed medications, what children with ADHD need at home, effective behavioral strategies, how to help kids stay organized, and advocating for an ADHD child.

## Book Information

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## Customer Reviews

"Sandy Reif's vast knowledge of youngsters with ADD/ASHD is readily apparent in her impressive new book. In a refreshingly concise, easy-to-read style, she provides a wealth of information about ADD/ADHD that will serve as a wonderful resource for parents, teachers, and other professionals. The recommendations she offers for both the home and school environment are clear, practical, and achievable and based on a belief in the child's ability to succeed." —• Robert Brooks, Ph.D., author of *The Self-Esteem Teacher* and on the faculty of Harvard Medical School "Sandy Rief has provided an encyclopedia of practical information, tips, and suggestions. The organization of The ADD/ADHD Checklist makes a very large volume of information easily accessible to the reader. Ms. Reif has deftly blended the current scientific knowledge concerning ADHD with a wealth of experiential knowledge developed from her years as an educator." —• Sam Goldstein,

Ph.D., coauthor of *Managing Attention Disorders in Children, Second Edition* and on the faculty of the University of Utah "I teach many in-service workshops on AD/HD Checklist for parents and educators. The ADD/ADHD Checklist is the book I have been waiting for. I'll be referring many people to it because its comprehensive, but simple, format of checklists will be valuable in providing that 'extra understanding' that parents and educators need to help those with AD/HD achieve successful outcomes." —Linda P. Smith, educator and parent of an AD/HD child --This text refers to an out of print or unavailable edition of this title.

The ADD/ADHD Checklist The "go to" reference for parents and teachers—fully revised and updated! Whether you are a parent of a child with attention problems or a classroom teacher, this book will help you better understand children and teenagers with ADD/ADHD and give you tools to help them succeed. Sandra Rief, an internationally known expert on ADD/ADHD, offers you the most current information available on the disorder and practical advice on a wide range of topics: General information about ADD/ADHD The most common treatments for ADD/ADHD Practical suggestions for managing ADD/ADHD at home Strategies to help kids with ADD/ADHD succeed at school Techniques and supports that teachers can use with all students in the classroom, including those with ADD/ADHD Helpful tips to boost memory, relaxation, and social skills in kids with ADD/ADHD The book follows a simple, concise, easy-to-read checklist format and is filled with valuable information and helpful advice. With the help of The ADD/ADHD Checklist, you can provide the interventions, appropriate strategies, encouragement, and support necessary to help children with attention problems succeed. Praise for The ADD/ADHD Checklist "One of the most comprehensive ADHD reference guides ever compiled . . . this book belongs in your ADHD resource library." —Kathleen Nadeau, Ph.D., co-publisher, ADDvance magazine and coauthor of *Learning to Slow Down and Pay Attention* and *Understanding Girls with AD/HD* "This exceptional book has so many lists brimming with helpful tips, valuable insights, and useful strategies that it deserves to be on everyone's short list of great ADHD books!" —Dr. Andrew Adesman, chief, Developmental & Behavioral Pediatrics, Schneider Children's Hospital, New York "An extremely valuable and user-friendly guide for parents, teachers, and professionals to understand, treat, parent, and educate children with ADHD." —Sam Goldstein, Ph.D., co-author of *Raising Resilient Children* and *Raising a Self-Disciplined Child*

The checklist format of the book (really more like bullet points) makes it easy to locate and absorb the information you are looking for. Once you've read the book, the format is great for future

look-ups. Right off the bat, the book jumps into the nebulous nature of ADD/ADHD. These particular symptoms may be correlated with ADD/ADHD... or it may just be within the spectrum of normal kid behavior. ADD/ADHD is a multifaceted neurological problem, so while parents, teachers, guidance counselors, and daycare workers may suspect a child has the condition, only really good medical testing, psychological testing, coordination with the school, and family counseling can accurately diagnose the condition. Having that spelled out early in the book is welcome information. Section 1, List 11) You get a little freaked out reading this book... because *\*every\** kid is like this. They are, by nature, childish. Impulsive, inappropriate, wiggly... poor concentration, inconsistent, daydreaming. And we grown-ups get this under control, but in times of stress, you see all the same childish behaviors coming out of adults, too. So when a parent is frustrated by their children's "childishness," it is appropriate to remember that they are only children. Still, there is a difference between "childishness" and Add/ADHD. This book assumes that you have (or are working toward) a diagnosis of ADD/ADHD and lists all kinds of information, categorically. Information for parents, for teachers, and for ideas to try. It's good information for any parent because... well, children are childish. I'm not a teacher (apart from Sunday school), but there was good information in there for parents. I thought the most helpful sections were on positive incentives and reinforcers for home (Section 2, list 25), Giving Directions -- Tips for Parents (Section 2, list 28), and Getting Student's Attention (Section 3, list 40). Any parent can benefit from adding more structure to the home, creating a sense of excitement, and being positive and encouraging. The book was written in 1998. I would be interested in learning what developments have taken place in the past decade, for example, with rates of diagnosis and academic outcomes for children diagnosed in the 80s and 90s.

When our son was diagnosed with ADHD, we were surprised. He made straight A's in school and was never a behavior problem. He was the one who begged us to get him tested. Once he was diagnosed, we read up on it. His doctors recommended this book. It was an eye opening experience. Our son was actually a classic ADHD child. While he was not a behavioral problem, he did lack the organization skills needed as school became more difficult. His messy room, which we thought was a lack of desire to keep clean, was a symptom of the problem. We now spend less time "blaming" and more time trying to give our son the skills he needs to succeed.

I really liked this book because it provides succinct information about ADHD and has you think about things you may not readily be aware of. I bought this right after my son was diagnosed, and it was a great tool.

I LOVE this book. I purchased this to gain a better understanding of my son's ADHD. I have read TONS of books on this topic and I found this to be very user friendly. It would be beneficial for teachers and parents. Great tips to share with teachers. Highly recommend this book.

Love it

Only ADHD book so far that has helped with my child. Great explanations & interventions for home and school! Get if you need help with an ADHD child.

worth reading

I have a kid who is possibly ADD or possibly just a kid. This book is OK and readable enough but the Barnum effect insures that you see any kid within it's pages. Take it with a grain of salt.

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