



# Mindful Parenting for ADHD: A Guide to Cultivating Calm, Reducing Stress, and Helping Children Thrive

*Mark Bertin*

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**Written by a pediatrician and based in proven-effective mindfulness techniques, this book will help you and your child with attention deficit/hyperactivity disorder (ADHD) keep calm, flexible, and in control.**

If you are a parent of a child with attention deficit/hyperactivity disorder (ADHD), you probably face many unique daily challenges. Kids with ADHD are often inattentive, hyperactive, and impulsive, since ADHD affects all of self-management and self-regulation. As a result, you might become chronically frustrated or stressed out, which makes caring for ADHD that much harder. In this book, a developmental pediatrician presents a proven-effective program for helping both you and your child with ADHD stay cool and collected while remaining flexible, resilient, and mindful.

Bertin addresses the various symptoms of ADHD using non-technical language and a user-friendly format. In addition, he offers guidelines to help you assess your child's strengths and weaknesses, create plans for building skills and managing specific challenges, lower stress levels for both yourself and your child, communicate effectively, and cultivate balance and harmony at home and at school.

If you are a parent, caregiver, or mental health professional, this book provides a valuable guide.

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