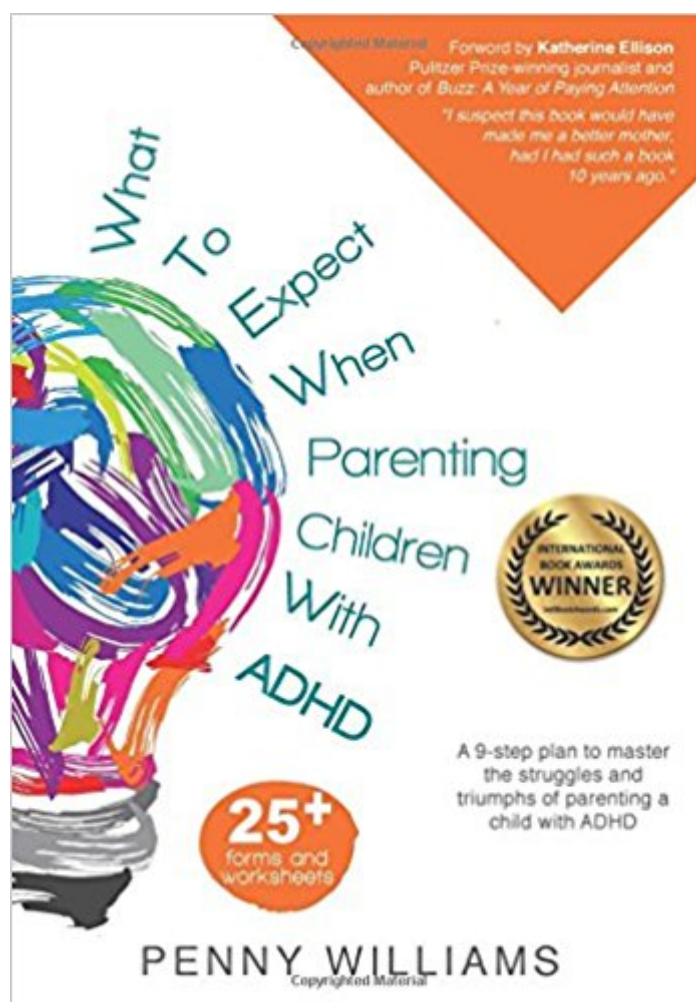


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# What To Expect When Parenting Children With ADHD: A 9-step Plan To Master The Struggles And Triumphs Of Parenting A Child With ADHD





## Synopsis

2015 International Book Awards Winner, Psychology & Mental Health There are guidebooks to set expectations for pregnancy and caring for baby, but not one step-by-step guide for the challenge of learning to raise a child with ADHD...*What to Expect When You're Not Expecting ADHD* offers a 9-step plan to tame the chaos and turn the struggles into triumphs. Use this guide and the 25+ worksheets included to learn about your child's behaviors, triggers, strengths, and weaknesses, to improve life for your child with ADHD, and your entire family. Don't be fooled though -- this is not your typical book on ADHD. Williams keeps it real, providing authentic, down in the trenches, trial-by-fire advice from a momma who has lived it. Whether your child's diagnosis is new or you've been struggling for years, *What to Expect* is your instruction manual for effectively parenting your child with ADHD.

## Book Information

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## Customer Reviews

"Science has a lot to tell us about ADHD. This is important, but as a parent of a child with ADHD, you also want to hear from other parents who have survived and thrived despite, with, and because of their child with ADHD. Penny talks about the science, but more importantly, she talks about the lived experience of having a child with ADHD and what you can do to make all of your lives better." Ari Tuckman, PsyD, MBA, author of *Understand Your Brain, Get More Done: The ADHD Executive Functions Workbook* "In the first and only comprehensive guide to parenting kids with ADHD, Penny Williams offers overwhelmed parents the resource she longed for following her

son's ADHD diagnosis, but couldn't find. Williams' 9-month plan -- a culmination of years of research, networking, and advocacy -- moves parents step by step from bewilderment to competency and confidence."Kay Marner, Co-Editor, "Easy to Love but Hard to Raise"Williams offers parents, caregivers, and even health care providers a practical guide to navigate the world of ADHD. From diagnosis to the art of balancing expectations, self, and family, "What to Expect" leads you step-by-step through the unpredictable journey of parenting a child with ADHD, all while learning to become your child's biggest advocate and remaining positive."Marilyn Griffin, MD, Child and Adolescent Psychiatrist, Medical Director of the Comprehensive ADHD Clinic at University of Illinois at Chicago

I am one of those "fix it" types of mommas -- fix the boo-boos, fix the hurt feelings, fix whatever causes my children any pain. When my son, Ricochet, was diagnosed with ADHD in 2008, at just six years old, I was devastated. There's no "fix" for ADHD. It took me more than two years to figure it out -- there's no magic bullet for ADHD either, and obsessing about finding one can only make things worse. I realized a few years after diagnosis, that there is quite a learning curve to parenting a child with ADHD, and I was finally getting to the long, (mostly) even stretch at the end of it. "Parents of children with ADHD are given a diagnosis, handed a prescription, and pushed back out into the world without any guidance, and certainly without instructions. "Call us if the medication doesn't prove beneficial," they might offer. It's my mission to help parents of children with ADHD learn how to get to know their children's needs meaningfully so they can guide them to a happy and success future. I want to use my joy and pain in my learning curve to help others on this journey experience it with more joy and less pain.

This was a gift for my friend whose 3 year old son likely has ADHD. She is thrilled by the book-- offering hope and relief of guilt and anxiety starting even with the introduction. The information and concepts are new for her and her husband It is written in a clear, compassionate and non-blaming way. It's just the beginning: already the marriage is better - more compassion and mutual appreciation.

This was the first book on parenting a child with ADHD that I've read (I've read several) that I enjoyed from start to finish. Penny Williams is down to earth, honest, and literally made me laugh out loud. I got so many practical ideas and advice from this book that I literally had highlights on every page. Highly recommend to any parent with a new or years old diagnosis!!

I absolutely love this book- it so incredibly helpful, and I really appreciate how the author does not criticize parents who use, or choose not to use, medicine to help control ADHD. She incorporates helpful lists, worksheets, and other sources to help one understand ADHD and its symptoms, as well as helping manage those symptoms. I most definitely recommend this book to someone with ADHD, parents of children with ADHD, and teachers.

I am so thankful that there is a book out there like this one. ADHD is so real and it affects each and every day of our lives. I feel so thankful to have read this book as it is a "real" account of what it is like to be a Mother to a child with this disability. I have read many books on ADHD but I will honestly say I am most thankful for this book. The author has excellent resources for us. She also has experienced it firsthand and everything she has gone through, I have also gone through. It is just so nice to have another Mother that "gets it". It can be isolating at times to have a child that is so different than all the others. One thing the author points out is that there is no cure for ADHD, it can't be fixed but we are still able to assemble a team together to help our children with their ADHD journey. I would HIGHLY recommend this to any Mother, Father or teacher!

Amidst the vitriol and firestorm that can be the debate about ADHD, Penny Williams cuts through it all and helps parents to keep their eye on the prize - their child, and how to support and raise that child the best way possible. She has already researched and road tested much of the information out there on ADHD, and she provides practical and implementable advice, saving ADHD parents time (a thing that we really need!) In particular, her chapters on forming a support network of medical providers and dealing with the school address what are often very stressful and emotional processes for parents and break those processes down into calm steps. Always keeping her humor intact, she has created the starting place for ADHD parents. This can-do American mom approach also would be useful for parents of children outside of the United States who are struggling to piece together support for their children.

I found this book very helpful, as I'm just beginning to research the diagnosis of my 8 year old son. The practical tips - like having a family calendar visible for everyone to see - has helped my son visualize upcoming events and mentally prepare. It's not the only book I plan to read, but it was an excellent primer!

A must have for any parent of a child with ADHD (also get her other book, "boy without instructions")

I LOVED this book! As a parent of a 7yo diagnosed with ADHD, this book was like a breath of fresh air to my family. This book covers every base and does it in a way that is not only informative but enjoyable to read. This book has helped me to understand my son better while at the same time equipping me to create an environment to help him and practical tools to work with him in multiple areas. If you only get one book on ADHD, get this one!

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