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Altri autori (Persone)	Laver-BradburyCathy
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Nota di contenuto	FRONT COVER; Step by Step Help for Childrenwith ADHD; Contents; ACKNOWLEDGEMENTS; Part 1:What is ADHD and What Can We Do About It?; Chapter 1:Introduction; What is Childhood ADHD?; The Six-Step Parenting Programme; Understanding ADHD: What are the symptoms of ADHD?; Theories about why children have ADHD; The brain in children with ADHD; Chapter 2: Parenting a Child with ADHD; What you can do to help your child; Children with ADHD have strengths too; Personalizing the programme to meet your family's needs; Children with ADHD who are also temperamentally sensitive Chapter 3: An Overview of the ProgrammeThe importance of adapting (tailoring) your parenting; What affects your parenting?; Parents with ADHD themselves; The Six Steps - an overview; Part 2: The Six-Step Programme for Helping Your Childwith ADHD; Introduction; Where do we start?; Parents with symptoms of ADHD themselves; Step 1: How does ADHD appear in your child; Skills overview for Step 1; Tasks overview for Step 1; Initial tasks: preparing yourself; Skill 1: Making eye contact; Skill 2: Recruiting your child's attention before giving instructions Skill 3: Listening and helping your child to listenSkill 4: Notice the good things your child does and praise him: 'catch the good'; Skill 5: Be aware: Mirror image; Skill 6: Begin to notice what your child is able to

do; Skill 7: Remember to speak with respect to your child; Tasks for Step 1 you need to carry out now; Recap and review; Step 2: Strategies to Help Children with ADHD; Skills overview for Step 2; Remember when changing your approach; Tasks overview for Step 2; Thinking through how the first step has gone; Skill 1: Scaffolding; Skill 2: Identifying and using teachable moments  
Skill 3: Earshotting Skill 4: How to adopt a consistent routine; Skill 5: Giving clear behaviour boundaries and house rules; Skill 6: Using countdowns and delay fading; Skill 7: Giving clear messages (remember to use eye contact); Skill 8: Using short sentences; Skill 9: Using choices; Skill 10: Avoiding confrontations and arguments; Skill 11: Keeping calm; Skill 12: Calming your child; Task: using play to help your child's attention and concentration; The tasks for Step 2; Recap and review; Assessing your child's abilities; Step 3: Helping your Child's Attention and Concentration through Play  
Skills overview for Step 3 Tasks overview for Step 3; How have the past two steps gone?; Skill 1: Recognizing the importance of play; Skill 2: Attention-training play; Reviewing your child's progress with play; Skill 3: Encouraging listening skills; Skill 4: 'WE' and 'I' and tone of voice; Skill 5: Discussing emotions and extending your child's use of language; Skill 6: Choices revisited; Tasks for Step 3; Recap and review; Step 4: Improving your Child's Communication; Skills overview for Step 4; Tasks overview for Step 4; Skill 1: Expanding your child's language through play  
Skill 2: Working on tone of voice

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Sommario/riassunto

This simple, flexible six-step programme is full of tried-and-tested ideas for parents and professionals supporting families of young children with ADHD. 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.

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