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## Mindful Parenting for ADHD

By Mark Bertin

New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, Mindful Parenting for ADHD, Mark Bertin, 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) stay calm and in the present moment. 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-and as a result, you might become frustrated or stressed out. In this book, a pediatrician presents a proven-effective program for helping both you and your child with ADHD stay cool and collected while living more fully in the present moment. In the book, Mark Bertin, addresses the various symptoms of ADHD using non-technical language and a user-friendly format. In addition, the book will help you learn how to let go of judgments, reasonably assess your child's strengths and weaknesses, 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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