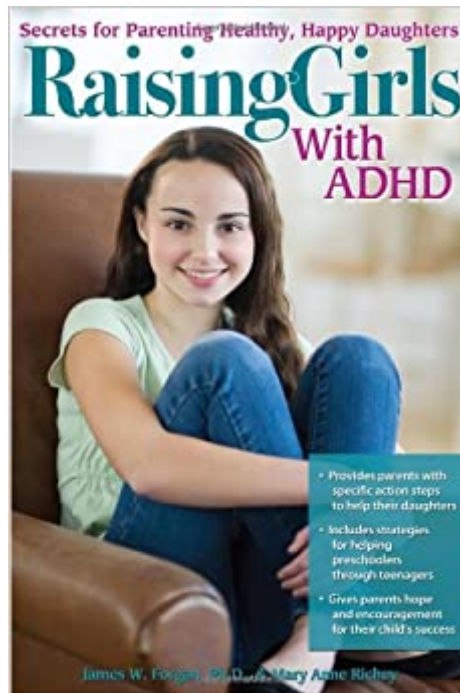




The book was found

# Raising Girls With ADHD: Secrets For Parenting Healthy, Happy Daughters



## Synopsis

Although an increasing number of girls are diagnosed with ADHD every year, most of the focus of parent and teacher interventions has been on boys, leaving girls with ADHD frustrated and prone to acting out. Written by two professionals who have "been there and done that" with their own children with ADHD, *Raising Girls With ADHD* provides expert information to empower parents to make decisions about identification, treatment options, behavioral strategies, personal/social adjustment, educational impact, and many other issues from preschool through high school. These girls' struggles with socialization and peer acceptance, executive functioning skills like memory and organization, and emotional well-being and self-confidence are discussed with a goal of maximizing strengths and providing supports for weaknesses. Complete self-reflection surveys and action steps for parents and girls alike are included to create a dynamic action plan for your daughter's success in school and beyond.

## Book Information

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## Customer Reviews

My decades of experience in education have taught me one great truth. For boys, school is an interruption of their social life. For girls, school is their social life. Therefore, when a girl is struggling in school, her entire identity is threatened. ADHD causes inexplicable and inconsistent behavior that can cause her to be isolated or rejected by her peers. Enter Jim Forgan and Mary Anne Richey. Their sensitive, detailed, and utterly practical new book provides parents and educators with invaluable insights into the world of the girl with ADHD. Further, it offers wise and experienced

counsel on how caring adults can assist and guide girls through this complex journey. I highly recommend this extraordinary book. --Rick Lavoie, Author of *The Motivation Breakthrough* and *It's So Much Work to Be Your Friend* A must-read for every parent of a daughter with ADHD! Thorough yet easy to read, this book provides parents with the necessary information to successfully navigate the many challenges that accompany raising a daughter with ADHD. From choosing the best fit for preschool for a 3-year-old to dealing with cutting behavior or eating disorders in a teen, the authors offer practical approaches for managing behaviors, building self-esteem, and teaching the self-advocacy and social skills so essential to success in the world. After reading *Raising Girls With ADHD* and developing their own Dynamic Action Plan, parents will feel better prepared to face the many challenges and expectations the years will bring. --Patricia O. Quinn, MD, coauthor of *Understanding Girls With ADHD* and author of *Attention, Girls!*

Mary Anne Richey, M.S., is a parent of an adult son with ADHD and a Licensed School Psychologist with the Palm Beach School District. Jim Forgan, Ph.D., is a parent of a young son with ADHD and is an Associate Professor and Licensed School Psychologist.

Easy to understand book for the parent and child. It has given us both insight. Very few books address ADD in girls (which looks different) and so it was reaffirming to my 13 year old daughter that other girls also have ADD.

good reading

So helpful to learn how girls process and experience adhd differently than boys. Better understanding of the emotional and self esteem factors involved with them.

I thought it came across a little negative, but did have some good informationa and insight.

The parent I gifted this too is raving about it; she says there are so many tips and things to use, and that she felt it was written for she and her daughter.

If you have a girl that may be ADHD, you should read this book

Not much that wasn't already known...

Excelente book

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Raising Girls with ADHD: Secrets for Parenting Healthy, Happy Daughters ADHD: A Mental Disorder or A Mental Advantage (2nd Edition) (ADHD Children, ADHD Adults, ADHD Parenting, ADD, Hyperactivity, Cognitive Behavioral Therapy, Mental Disorders) Raising Boys with ADHD: Secrets for Parenting Healthy, Happy Sons ADHD Guide Attention Deficit Disorder: Coping with Mental Disorder such as ADHD in Children and Adults, Promoting Adhd Parenting: Helping with Hyperactivity and Cognitive Behavioral Therapy (CBT) The Insider's Guide to ADHD: Adults with ADHD Reveal the Secret to Parenting Kids with ADHD What to Expect When Parenting Children with ADHD: A 9-step plan to master the struggles and triumphs of parenting a child with ADHD Adhd: How To Parent A Happy, Healthy Child With ADHD ADHD Diet For Children: Recipes and Diet to Help Your Child Focus, Perform Better at School, and Overcome ADHD For Life (ADHD Diet) Parenting ADHD Now!: Easy Intervention Strategies to Empower Kids with ADHD Raising Healthy Honey Bees (Raising Healthy Animals Series) Stepparenting: Becoming A Stepparent: A Blended Family Guide to: Parenting, Raising Children, Family Relationships and Step Families (Raising Children, ... Blended Families, Blended Family Book 5) Positive Parenting - Stop Yelling And Love Me More, Please Mom. Positive Parenting Is Easier Than You Think. (Happy Mom Book 1) Your Cat: The Owner's Manual: Hundreds of Secrets, Surprises, and Solutions for Raising a Happy, Healthy Cat Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Parenting Book: 50 Tips on Building Your Child's Self Esteem (Raising Girls, Boys, Potty Training Toddlers to Teenage Kids) Child Rearing & Positive Discipline - Psychology & Development in Children Perfect Daughters: Adult Daughters of Alcoholics Perfect Daughters (Revised Edition): Adult Daughters of Alcoholics Daughters of the Faith SET #2 (four books) (Daughters of the Faith Series) Dixie's Daughters: The United Daughters of the Confederacy and the Preservation of Confederate Culture (New Perspectives on the History of the South) You're Not Crazy - It's Your Mother: Understanding and Healing for Daughters of Narcissistic Mothers (Daughters Of Narccissistic Mothers Book 1)

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