



# ADHD: Strategic Parenting: From Tactical to Practical (Volume 1)

*Terry James Gingras*

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5 Critical Steps to Raising Your ADHD Child with Less Fear and Frustration Parenting is a challenging responsibility. If your child has been diagnosed with attention deficit hyperactivity disorder, parenting becomes even more complicated. These children think differently and have issues with emotional control. They see and react to the world in unique ways. They are incredibly creative and funny. They think about things in more detail and in a different context. However, they don't seem to see the obvious, particularly time or the consequences of their own behavior. Parenting these children is a constant attempt to maintain control. It is frequently frustrating and discouraging, however, it is not hopeless. With the 5 step process shared in this book it can also be incredibly rewarding...with a lot less chaos.

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