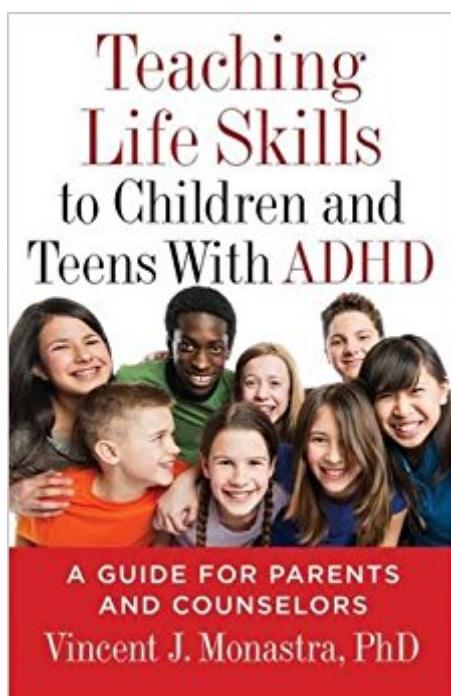


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# Teaching Life Skills To Children And Teens With ADHD: A Guide For Parents And Counselors (Lifetools: Books For The General Public)



## Synopsis

You hoped your child's tantrums would fade once she started elementary school. You hoped she'd be able to share. You hoped she'd be calm and happy after wearing herself out at recess...instead, her energy bubbles out all over the classroom. No matter how often you remind your teen: "look at me when I'm speaking," "respect others' personal space," "quit freaking out over everything!" he just doesn't seem to understand. For most kids, these are momentary glitches. For some, learning to relate to others doesn't come easily. When children have attention deficit/hyperactivity disorder (ADHD), even if their medication smoothes out the worst of the bumps, they still may have a lot of trouble in social situations like school. *Teaching Life Skills to Children and Teens with ADHD* describes the Life Skills Program created by author Vincent J. Monastra at his ADHD clinic. It features practical strategies for helping children and teens develop essential life skills at home, school, or in a support group setting. Some of these skills include: engaging others in conversations; seeking out confidence-building experiences; responding appropriately to teasing; establishing friendships and social networks; trying group activities to avoid isolation; developing healthy eating, sleeping and exercise habits; solving problems and getting organized; and showing sensitivity to others' emotions. Each chapter includes exercises to help you teach, model, and guide your child in trying out these skills. Interactive checklists, quizzes, and guided journal entries are provided as tools for reflection and for engaging children and teens in ways that are interesting and fun.

## Book Information

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## Customer Reviews

This publication is very helpful as it focuses on issues beyond the consultation room, classroom or home. The author's premise is that treatment of ADHD needs to go beyond the symptoms to what skills we want our kids to learn. This book addresses the importance of life skill development and provides a workbook-like format to help kids attain these skills. --New England PsychologistDr. Vince Monastra has devoted his career to helping people of all ages with ADHD to not only better manage their symptoms, but also find ways to thrive. *Teaching Life Skills to Children and Teens With ADHD* is the most recent entry in Monastra's library of books distilling his lifetime's worth of clinical experience and wisdom, in this case into user-friendly life lessons that can be carried out by parents, educators, clinicians, and anyone else who is helping young people with ADHD to more adeptly navigate their social worlds. --J. Russell Ramsay, PhD, Associate Professor of Clinical Psychology and codirector of the Adult ADHD Treatment and Research Program, University of Pennsylvania Perelman School of Medicine; author of *The Adult ADHD Tool Kit: Using CBT to Facilitate Coping*In this book, an experienced clinician writes from the heart about practical solutions and lifetime skills. It can be read as an orientation experience or used as a reference for specific issues, such as for sleep or nutrition. --L. Eugene Arnold, MD, MEd, Professor Emeritus of Psychiatry, Nisonger Center Clinical Trials Program, Columbus, OHMonastra has made an important contribution that is a self-help book for parents, as a supplement to therapy, and a resource for counselors. This positive and proactive presentation can guide parents whose children have few problems to those who have numerous problems, in a forthright yet understanding manner, a highly desirable combination. --PsycCRITIQUES

Vincent J. Monastra, PhD, is a clinical psychologist and director of the FPI Attention Disorders Clinic in Endicott, New York, USA. During the past 25 years, he has conducted a series of studies involving thousands of individuals with disorders of attention and behavioral control. He is the coinventor of a quantitative electroencephalographic (QEEG) process that was approved by the U.S. Food and Drug Administration for use in the diagnosis of attention-deficit/hyperactivity disorder (ADHD), a pioneer in the development of parenting and EEG-based attention training procedures, and the author of numerous scientific articles and book chapters. The first edition of his book *Parenting Children With ADHD: 10 Lessons That Medicine Cannot Teach* (2005) was named Parenting Book of the Year by IParenting, and his book *Unlocking the Potential of Patients With ADHD: A Model for Clinical Practice* (2008) provides a model for comprehensive, effective, and practical community-based care for patients with ADHD. His skills as a master diagnostician and

therapist have been internationally recognized and are archived in several educational videotaped programs, including *Working With Children With ADHD* (2005). He has been a faculty member of Wilson Hospital's Family Practice Residency Program; the Department of Psychology at Binghamton University; and, most recently, the Graduate School of Counseling and Clinical Psychology at Marywood University, USA. Dr. Monastra is the recipient of several scientific awards, including the President's Award and the Hans Berger Award from the Association for Applied Psychophysiology and Biofeedback for his seminal research into the neurophysiological characteristics of ADHD and his groundbreaking study on EEG biofeedback. He was listed among the country's most innovative researchers in the Reader's Digest 2004 edition of "Medical Breakthroughs."

I wish I could give more than 5 stars as a way of saying just how good this book is. When my sons were younger I did the play dates with other moms. Now that my kids are at the pre-teen age, it is basically dropping them off for a few hours of fun at a friend's house. And in case of my one son, he has played with the exact same friend since pre-school. Reading Dr. Monastra's newest book has allowed me to expand my own focus on how I can help my son make and keep friends. Sometimes it's not just a confidence thing that's missing but opportunity that's lacking. Rather than waiting for an innovative program or "professional" at school to lead a social skills group, I have begun to assemble a group of moms with similar concerns to try out the activities recommended in his book. The parents seem to be having as much fun as the kids, as we're all learning together. Loved the stories in the book and the comic strips were great! My kids thought so too!

Dr. Monastra brings his decades of experience working with children and adults with ADHD to his life skills classes and his most recent book. The challenge of learning life skills such as presence, conversation, a growth mindset, grit, and caring for others are even more difficult for children with ADHD. Dr. Monastra's empathy, knowledge, and experience make his book a usable tool for parents and others who work with these children. He has a broad understanding of the causes of poor attention and its treatment.

This book is a must for caregivers of these children. We give it out to parents in our counseling practice.

This is a very helpful book!

I have purchased this book for several of my client's parents. It is an extremely helpful tool kit for real-life issues that parents, caregivers, teachers and therapists deal with when dealing with teens and kids with ODD and ADD. It is NOT the end all/be all for dealing with your child, nothing is. But it has some wonderful, measurable and easy to follow information for help with looking at problems from both sides.

Great book, wonderful information! Wish I had this when I was a kid, sure would have been helpful as I was growing up! But it'll come in handy teaching my 11 year old son...

Appreciated this helpful information!

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