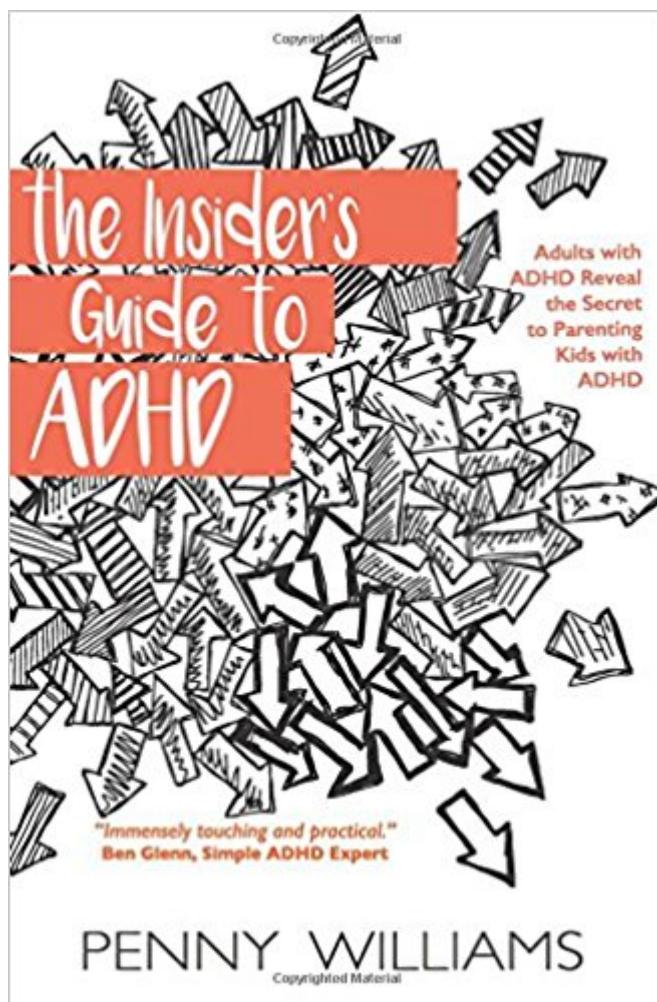


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# The Insider's Guide To ADHD: Adults With ADHD Reveal The Secret To Parenting Kids With ADHD



## **Synopsis**

Winner of the 2016 International Book Awards Finalist Award in Parenting & Family! Who knows better what kids with ADHD need than adults who grew up with similar struggles? In her quest for the ultimate ADHD insights, award-winning author Penny Williams went right to the source, interviewing dozens of adults whose childhood was clouded by ADHD. Williams analyzes the wisdom and valuable perceptions of these adults, including what works and what doesn't work for kids with ADHD. The Insider's Guide to ADHD bypasses the reward charts, strict limits, and other standard recommendations to get to the root of the true formula for effective ADHD parenting. Inside, you'll find twelve positive parenting strategies for ADHD that all lead to one universal truth for creating success in the lives of kids with ADHD, and their families.

## **Book Information**

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## **Customer Reviews**

"It is a thrill to read such a caring, thorough, and insightful roadmap to parenting ADHD kids. Penny's willingness to reveal her weaknesses and missteps, coupled with a flowing (almost spoken) writing style, makes the guide accessible to heart and mind. I will be recommending that everyone buy two of these books in my practice, one for home and one for school."John Tucker, PhD ADHD Coach"Imagine what it's like to live inside the head of your distracted son or daughter. Penny Williams has done that and more, giving us this sometimes scary, often funny, and always empathetic look at navigating life with ADHD. Brava!"Katherine Ellison Author, most recently, of ADHD: What Everyone Needs to Know"Since ADHD impacts everything from organization to daily

routines, it often undermines the best intentioned plans made to manage it in the first place. The Insider's Guide to ADHD offers pearls of empathetic, practical wisdom from adults who grew up with ADHD, to get ahead of the game from the start."Mark Bertin, MDAuthor, Mindful Parenting for ADHD"Immensely touching and practical."Ben GlennSimple ADHD Expert & The Chalk Guy

I am one of those "fix it" types of mommas -- fix the boo-boos, fix the hurt feelings, fix whatever causes my children any pain. When my son, Ricochet, was diagnosed with ADHD in 2008, at just six years old, I was devastated. There's no "fix" for ADHD. It took me more than two years to figure it out -- there's no magic bullet for ADHD either, and obsessing about finding one can only make things worse. I realized a few years after diagnosis, that there is quite a learning curve to parenting a child with ADHD, and I was finally getting to the long, (mostly) even stretch at the end of it.Â Parents of children with ADHD are given a diagnosis, handed a prescription, and pushed back out into the world without any guidance, and certainly without instructions. "Call us if the medication doesn't prove beneficial," they might offer. It's my mission to help parents of children with ADHD learn how to get to know their children's needs meaningfully so they can guide them to a happy and success future. I want to use my joy and pain in my learning curve to help others on this journey experience it with more joy and less pain.

Like it so far. The graphs are a bit silly but overall a good approach and some sound advice.If you are reading this book, I thoroughly recommend getting PCIT/PDIT training. PCIT is an evidence-based treatment for young children with behavioral problems. Essentially, a training wears an ear piece and guides you through interactions with your child. This trains you and the child. We saw a 100% turn around.

Love this book, I have read and studied so much trying to find that magic whatever to help my ADHD son this truly helps

My wife has two of Penny Williams books and she loves them so much I'm going to relist them on so I don't have to hear all the great FACTS about our little boy that shes repeated to me over and over again like my father telling a story again not realizing he's told it before. I don't mind it but she stops him in mid sentence and tells him to stop and reminds him of his memory and his age. Anyway thanks for the great book recommend it 5 stars.

Growing up with ADD/ADHD, and not knowing it led me to feel like an alien for most of my life. Long after other kids were done playing with toys, I was still doing my Barbie's hair and watching cartoons, thinking that something was off with me. I was anxious, I had trouble with my school work, and I didn't have anyone to help me sort most of this out because I grew up with my grandparents, who had already raised 6 of their own children and so a lot of what I thought was me being a freak, may have been explainable if their had been books for parents like Penny's book. Written, mainly, for parents of children with ADHD that don't have ADHD themselves, it has perfect explanations and guidance for parents to help navigate a world, or mind, that they are not used to and therefore, possibly unsure of how to handle. I really enjoyed that Penny asked other adults to give advice to non-ADHD parents but I think that it could really help all parents. Parenting is hard, and we don't always know, as parents, if what we are conveying is getting through to our child, or if it is even important. I thought it was great that Penny included charts that spoke to how important certain things actually are to children, i.e. peer relationships, sports, doing well in school, approval from friends or parents, etc. because what we think may be influencing our child's behavior or self esteem may not, and something else may be. For example, having a good friend might be more important to them instead of being very popular, which may be important to parents of children with ADHD because it could signal inclusion to the parent, and therefore, the parent may put pressure on their child to be involved in things they aren't even interested in so their child can be more included. I do think that this book is a great guide for any and all parents because overall it gives you advice on being more patient and listening more to what your child's specific needs are and parenting to those needs. I think that is great advice for all parents, and for parents with ADHD or not, as well as for parents with children with ADHD or not. That being said, I think it should be required to read this book once you find out your child has ADHD. If it was, maybe more parents would make less mistakes on how they handle their children's meltdowns and it would help some parents feel less offended by their children's behaviors or differences. Where I don't think you can learn to have an ADHD brain if you aren't born with one, I think you can learn to be more empathetic to someone who does think differently and perhaps isolate them less with more knowledge of how and why those, like myself and my child(ren), think and act the way we do. When things can become more predictable, they might be less challenging, and that is why this book is so important. The only thing that I would change, honestly, is that I would like to hear more first hand stories, but that is just something I am always drawn to when it comes to guidance. I think it helps readers relate more when they can envision someone's actual story, which is why the story Penny has told about the incident at the store and in the car with her son and how much of an effect it had on her in that

moment, is powerful. More stories, good and bad, of helpful or non-helpful things that people did or said always stick with me more because I can envision them later on and draw from them as examples when I try to teach my own children what I expect or don't expect. Perhaps, for the next book! Great job and happy reading!

As an adult with ADHD I have a profound respect for Penny Williams' admission that she cannot profess to understand ADHD and all its nuances without having it herself. And so, she sought out the thoughts, opinions, lived experience and insights of those who do have ADHD. As a parent of a child with ADHD I am grateful for the work Penny has done. Through the combination of her survey results and medical research she deftly interweaves the anecdotal with the professional, presenting to the reader a wonderful set of practical parenting principles and techniques. And while on the surface these may seem quite simple they hold within them an abundance of compassion and insight (a winning combination if I do say so myself). Finally, as an ADHD Coach, I would absolutely recommend this book to my clients who have children with, or without, an ADHD diagnosis, since the principles and techniques she presents are beneficial for parenting in general.

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