



Parenting Children with ADHD: 10 Lessons That Medicine Cannot Teach

Vincent J. Monastra

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Kids with ADHD need to be loved and shown how to become successful adults. Unfortunately, their lack of attention and restlessness often get in the way. Parents of these kids try so hard to stay connected and remain patient in the face of daily frustration. However, it is an incredible challenge to remain positive and involved when your child does not respond to the kinds of strategies that work for other children. Without guidance and systematic treatment, these bright, inquisitive children are unlikely to graduate from high school, are more prone to use illegal drugs, and struggle to maintain employment as adults. Drawing from his experiences in evaluating and treating thousands of children and teens with ADHD, Vincent Monastra presents a series of ten lessons that are essential for promoting the success of kids with ADHD.

Parenting Children with ADHD: 10 Lessons That Medicine Cannot Teach Details

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Sheri says

I actually read this book because I accidentally placed a hold on it while searching for a completely different topic in the library catalog. I decided I was apparently meant to read it.

Though the title seemed to indicate that the author holds medicine at arm's length, it really indicates his belief that, while medicine has an important place in treating the symptoms of ADHD, it is only a part of the treatment picture. He has chapters on the medical legitimacy of ADHD, on the importance of a good diet, on the necessity of getting accommodations from the school, on helping your child to develop emotional control, and on taking care of yourself as the parent.

While some of these chapters were more helpful than others, I found the book thought-provoking and useful overall.

Danielle says

What a great book! In plain language, it explains the medical basics of ADHD, like how to get a diagnosis, and what different meds will and won't do. Also provides tons of advice for helping your child manage it: In addition to meds, kids need protein at lunch and dinner, routines, clear rules with consequences and lots of positive reinforcement, along with on-on-one time. And of course, a parent needs to take care of herself, too.

These strategies would work with all kids - but if you think your kid is difficult, or might have ADHD, or has just been diagnosed, this is a great book to help your family.

Heather Brown says

I loved that this book gave value to the medical need for many people and children with ADHD to be treated with medication, while continuing to stress the importance of behavior modification and nutrition. ADHD is a medical diagnosis and requires several different strategies to help children learn to cope and become productive and contributing citizens.

Jillian says

So far this has been the most helpful parenting book I've read--goodbye "What To Expect: The Toddler Years", you're not helpful at all when it comes to raising my Little Tornado! The only problem I had with this book is that it was basically for parents with school-aged kids. I need one for toddlers. Still extremely helpful.

Nina Buru says

"Furia e o stare emotionala menita sa ne pregeasca pentru o lupta sau pentru intimidarea unei alte persoane. In timpul cat suntem furiosi, regiunile creierului necesare pentru a rezolva o problema nu sunt activate. Sunt suprimate. In consecinta, ultimul lucru pe care ar trebui sa il facem cand suntem furiosi ar fi sa vorbim cu o alta persoana".

Trace says

I couldn't finish this book. The title seemed to indicate a holistic approach that didn't necessarily rely on medication as the foundational treatment. But this was a false assumption on my part as the author promotes ritalin from the very beginning of the book.

The chapter on diet and nutrition (when he FINALLY got around to tackling this topic) made me want to throw the book in the garbage. The author talks about his favorite breakfast as having great protein content and staying power. Want to know what his favorite breakfast is?? And I quote "Chocolate pudding, soy protein powder, Cool Whip and crushed oreo cookies." I am not kidding. What ADHD child needs MORE sugar? And why? So that they can take more medication?

Sorry - I can't take this guy seriously. I'd give this book a 1/2 star rating if I could. Big disappointment.

Steve Blankenship says

Great resource

I have read several parenting guides, but this the most useful. I have begun to implement some of the author's suggestions and have seen a change almost immediately. I also had no idea about the other factors that could be causing my child's difficulty with concentration. I ended up skipping over the homework sections, but feel like I still got the help I needed.

Adrienne says

I mostly skimmed through this book as I've been reading a lot of books on ADHD and get the basics of what it is. I would read more on the areas that other books hadn't touched or where this author took another opinion. Vincent Monastra doesn't believe everyone has a bit of ADHD like others in the field have said they can have symptoms of it or times of it (like situational depression, situational ADHD). He believes ADHD is solely caused by genes, we inherit it. the author does believe that nutrition matters and for a book that is 10 years old I was surprised that there were concerns even then about wheat/gluten in a diet for a person with ADHD. Also mentioned avoiding dyes and preservatives but that protein was a necessary help.

He has a chapter that does a good job explaining more about 504's and many accommodation ideas to help students. (some relevant and helpful and some old)

He teaches to have a plan of action, teach problem solving skills, good communication. I got a couple good ideas out of this book but won't recommend it because it seems out dated in the views. I've read and heard many newer ideas that make this information seem less relevant.

Ruben says

This sort of book doesn't need to be funny or exciting; it needs to strike a balance between giving enough information and trying to answer every possible question. The more the author tries to provide the one book to rule them all, the less likely it is that any one reader will find the material applicable. I appreciate the readability and brevity, in particular the explanations of diet and drugs. Other books love to stuff each chapter with hypothetical children when a simple explanation would suffice. It's probably not the last book on ADHD I'll read, but it's a satisfying first one.

Suzi says

A perfect blend of medical science, common sense, and parenting practice. An intelligent, comprehensive approach whether you wonder if your child has ADHD or if they've already been diagnosed. Helpful and insightful about what it is really like to parent a child with ADHD.

Ck says

Solid recommendations from nutrition, medication, education and emotional control.

Douglas Lord says

The excellent thing about Monastra's approach is that he is uniformly protective of the children, supportive of the parents, and encourages parents and professionals to educate themselves about ADHD at all times since it is a moving target. Much of the information in the book, now over 10 years old, is 'classic' in terms of conforming to the 'new style' of parenting kids with ADHD. Deeply suspicious of simple drug tactics, he favors holistic and family-friendly approaches that are catered to each individual kid. Lots of info that will do a kid good even if it doesn't directly affect their ADHD, such as emphasizing good nutrition (lots of info, charts and tables with good info), the need for kids to learn emotional control. Monastra also tells parents bluntly that ADHD is a tough road. Good book, a good starting place for many parents and will date well for many more years.

Nikki says

Our 7 year old has been diagnosed as having ADHD and I found this book to be interesting and filled with some good ideas as to how to help children with ADHD. Quite a few examples discussed in the book (in regards to parent/child conflict) hit home. The book isn't anti-medication and the title may be misleading to

those who don't read a summary beforehand. This is the first book I've read on the topic and won't be the last, but I'm sure to go back and reference many of the author's suggestions.

Laura Milvy says

Between this book and therapy, things seem like we are beginning to get a grip on ADHD. Whereas I am finding the chart and point system very helpful, I think there is way to much emphasis placed on medication in this book and I found that disheartening.

Sarah says

I found the scientific information very helpful. There was a lot of information about how most ADHD brains function and why/how different medications (some times) work. Also, while the nutritional information was not by any means conclusive, the book stressed the importance of protein intake-and why, and I am so glad I read that as I'm honestly not sure our doctor would have given us that information on his own, which I now feel is essential.

The discipline/behavioral improvement ideas were okay, but many of them seemed better geared toward the parents of high school or junior high school-aged children, and our son is 8. That said, there were still a lot of tips that we could use at home. However, some of those ideas seemed a bit impractical to me, and the useful ones weren't really anything new for us (but then our issues at home are not the big ones; school is our bigger challenge).

Over all, I am very happy I chose this book as my first ADHD parenting book and will definitely hold on to it as a reference.
