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The Family ADHD Solution: A Scientific Approach to Maximizing Your Child's Attention and Minimizing Parental Stress

Mark Bertin

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In this accessible guide, developmental pediatrician Mark Bertin demystifies ADHD and offers advice to overwhelmed parents that includes clear explanations of:
Biological causes of ADHD, and the ins and outs of a thorough evaluation
Common symptoms, showing how they extend far beyond inattention and hyperactivity
Behavioral, educational and medical approaches that increase academic and social success
Research proven mindfulness-based stress reduction techniques for parents that benefit the whole family

Advice to help your child build self-esteem along with healthy relationships with peers and with *you*

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