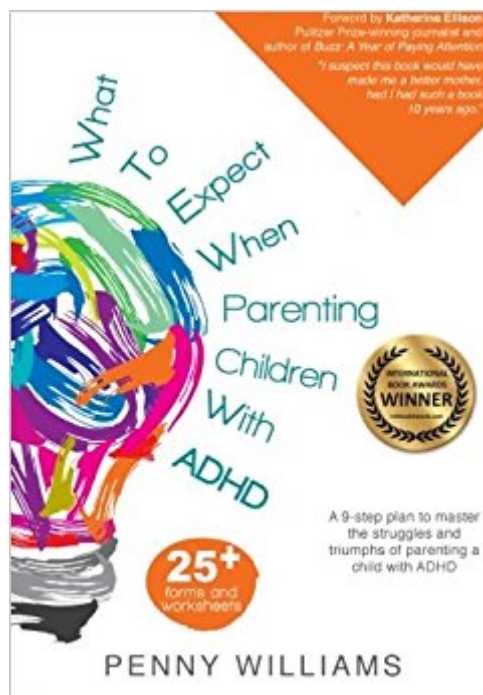


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# What To Expect When Parenting Children With ADHD: A 9-step Plan To Master The Struggles And Triumphs Of Parenting A Child With ADHD



## Synopsis

2015 International Book Awards Winner, Psychology & Mental Health There are guidebooks to set expectations for pregnancy and caring for baby, but not one step-by-step guide for the challenge of learning to raise a child with ADHD...*What to Expect When You're Not Expecting ADHD* offers a 9-step plan to tame the chaos and turn the struggles into triumphs. Use this guide and the 25+ worksheets included to learn about your child's behaviors, triggers, strengths, and weaknesses, to improve life for your child with ADHD, and your entire family. Don't be fooled though -- this is not your typical book on ADHD. Williams keeps it real, providing authentic, down in the trenches, trial-by-fire advice from a momma who has lived it. Whether your child's diagnosis is new or you've been struggling for years, *What to Expect* is your instruction manual for effectively parenting your child with ADHD.

## Book Information

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## Customer Reviews

After my son's diagnosis of ASD and then later ADHD, I was overwhelmed with all of the information and resources (a good problem to have). There were so many books that talked down and threw out statistics that were either depressing or unrelated to my situation. I was looking for something relatable. I had no friends going through the special needs ride and while I wanted information, I also wanted comfort. I found that comfort and solace in Penny's first book, *Boy Without Instructions*. As I turned the pages, I kept saying "Yes. This. No advice or instruction, just feeling like I wasn't alone, which I so desperately

needed. Once I got out of the first stage of grief and shock, I was ready for action and help. Lucky for me, that's right about the time that Penny's second book came out, "What to Expect When You're Not Expecting ADHD". I was so frazzled by trying to just survive, that I couldn't even begin to think about how to take proactive steps to improve my family's quality of life. Full disclosure: I also have ADHD. So, yeah. If I have a hard time with executive function and organization, how am I supposed to help my son learn those skills and get this house running efficiently?? I say all that to say that Penny understands this. She knows what ADHD parents need: quick, to the point and non-judgmental. The worksheets are AMAZING. I am the worst with getting advice and not being able to execute it. The worksheets solve that problem. In my opinion, the worksheets alone are worth the cost of the book. The rest of the book is also very helpful. What sets it apart from other ADHD books out there is that it's written by one of us! Not a doctor or specialist. Those books have their place and use, but this book fills a void that has been on bookshelves: Advice from a fellow mom. Reading it feels like sitting down over coffee with a good friend that's been there and is guiding you through the process. If you're looking for commiseration and comfort, reach for "Boy Without Instructions". If you're looking for action and help from a fellow warrior mom, reach for "What To Expect When You're Not Expecting ADHD". Personally, I bounce back and forth depending on the day. You can't lose either way!

This is THE book parents need when beginning their journey on this unforeseeable path of ADHD. I wish this book had been available when we first found ourselves on the ADHD path. Penny has brought together a great deal of research along with practical advice from a family who has lived this journey. There is a plethora of practical advice along with worksheets you can customize for your situation. Bringing all of these resources together in one place is invaluable for parents; not only a time saver but a sanity saver as well. The incredible amount of information is also broken down into 9 steps that busy parents can actually follow. Each chapter (or step) has just enough information to take in, work on, and follow through with (as suits your family) before advancing to the next chapter. One of the things that makes this book so relatable is that Penny is one of us; she gets it. And I love that she writes things that I feel inside but never say. She doesn't sugarcoat the realities of parenting a child with ADHD; she presents the truth along with the hope. I love the realness in this book and the consistent reminders that ADHD is just one part of our kids. Her perspective has helped me re-frame some of my thoughts, which is a real gift. The best thing about this wonderful book is that parents who are new to the ADHD world will get a tremendous amount out of it and there

is great information (and reminders) for those of us who have been on this path for a while. I learned a lot, have new strategies to try, suggestions for tweaking some things we do now, have more resources to search out, and finally feel like there is someone out there who gets it.

Excellent, Excellent, Excellent!!! Can't say enough about this book and the author for writing it. Her willingness to share her experience with ADHD is invaluable. My daughter is dealing with ADHD X 3 on a daily basis and I believe this book will definitely help her with the difficulties she faces each day in dealing with her loved ones with ADHD. I actually believe that much of the advice offered in this book can be applied to almost any family dynamic. It truly is a step by step manual for dealing with the complexities of family life. The author has done all of the work for you and all you need to do is implement the plan. The book also includes so much invaluable advice on how to deal with school issues. I cannot praise this book enough! There are many books on this subject out there, and I have bought many of them, but this is really the only one you need.

This was a gift for my friend whose 3 year old son likely has ADHD. She is thrilled by the book-- offering hope and relief of guilt and anxiety starting even with the introduction. The information and concepts are new for her and her husband. It is written in a clear, compassionate and non-blaming way. It's just the beginning: already the marriage is better - more compassion and mutual appreciation.

I absolutely loved this book!!! I wish I would have had it when my son was diagnosed 2 1/2 years ago!! I searched and searched for something like this & finally here it is. While we have already went through many of the struggles this book talks about it was still nice to read and know that we aren't alone. The worksheets are fabulous and very helpful in getting things moving in a more positive direction. Parenting a child with ADHD can be very stressful and lonely & there were quite a few times I found myself in tears while reading this as I can remember so vividly living them myself. Thank you Penny for reminding me that I'm not alone and that we'll get through this!!

This was the first book on parenting a child with ADHD that I've read (I've read several) that I enjoyed from start to finish. Penny Williams is down to earth, honest, and literally made me laugh out loud. I got so many practical ideas and advice from this book that I literally had highlights on every page. Highly recommend to any parent with a new or years old diagnosis!!

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