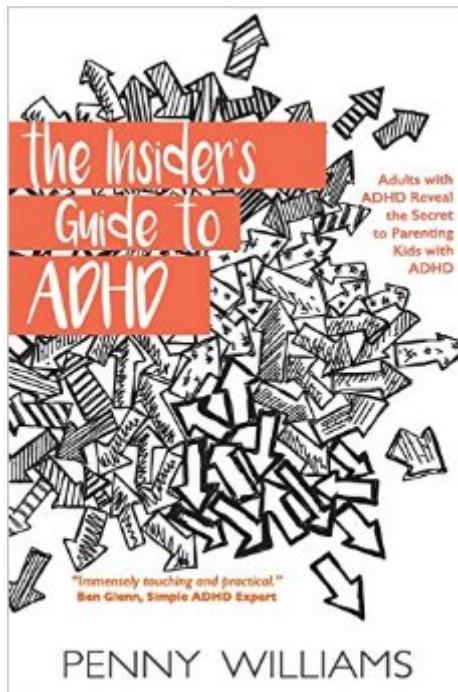


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# The Insider's Guide To ADHD: Adults With ADHD Reveal The Secret To Parenting Kids With ADHD



## 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

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.

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 the 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!

Williams previous publications told her personal story and gave a roadmap for navigating raising a child with ADHD. Her newest release fills a gap in the ADHD literature. With this being a "new" diagnosis, the first wave of people that were diagnosed as children are now adults. Williams has seen this development and worked hard to get a great consensus from these adults, some that grew up with the diagnosis. As a parent of a child with ADHD, I find it very enlightening to see adults reflecting on their childhood with the disorder. What helped, what didn't, etc. Overall, I would recommend this to anyone that is having a hard time "connecting" with their ADHD child or is just curious about what they are going through.

There are many books on the market about ADHD and you can gain insight from most of them, but this book does what few of the books I've read has tried to do and that's explain ADHD from the point of view of someone who suffers from it daily. Sure, it's important to know what the clinical diagnosis means, and how psychologists and therapists have successfully treated their patients with ADHD, but all that is still a third-hand perspective. Penny Williams has sought out a wide variety of adults with ADHD and asked them to share what their experiences were growing up and what their recommendations to parents would be. More importantly, she translates this information into a list of common challenges with ADHD and how to address them as a parent. She combines the new insight she gains from the nearly 100 individuals who responded to her with her own experiences and those of her son. She doesn't whitewash the challenges, but she does offer hope, a way through them and provides many examples of ADHD success stories.

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