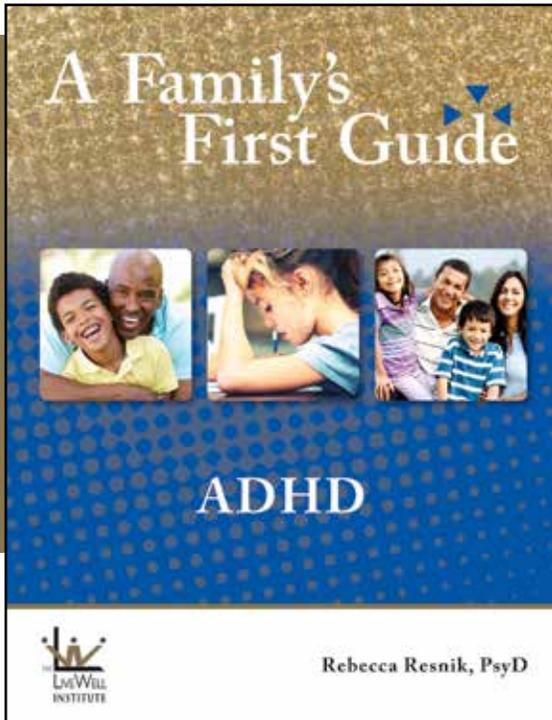




How can you help your child –  
*and your entire family?*

# Here's your ADHD action plan



*Up-to-date and realistic strategies for parents, educators and therapists seeking to support a young person with ADHD.*

## Ready-To-Use Tools

- How to identify and address executive functioning issues
- What social skills may need to be taught
- How to discipline (and motivate) a child with ADHD
- Grade-by-grade challenges, K-12 and on
- Requesting accommodations
- *And many more tools*

**Dr. Rebecca Resnik** is a licensed psychologist and founding partner of Rebecca Resnik and Associates, specialists in psychiatric care and psychoeducational testing. She serves as a Medical Expert for MEDHelp for ADHD and Learning Disability Forums.

## Achieve More Success At School And Harmony At Home

Step by step, an authority on ADHD clears the confusion about how to deal with everything from social concerns and Individualized Education Plans, to people who think that ADHD results from your child's willful behavior or your poor parenting.

## Build Your 12-Month Plan

No need to feel overwhelmed! Just follow the workbook and you'll thoroughly understand the diagnosis, put the right team in place, and know what educational, medical, lifestyle, and social strategies seem most appropriate for your unique child and family.

## Therapist's Real-World Help

Dr. Rebecca Resnik shares techniques and advice you can start using immediately to help your child – and yourself – meet the challenges of ADHD. You'll also find exercises to help with everything from managing button-pushing behaviors to deciding who needs to know about your child's ADHD and exactly what to say.

## Continuing Reference Value

With its workbook format, *A Family's First Guide: ADHD* combines valuable reference material *plus* information you add about the specific steps you're going to take, key contacts, your ADHD "elevator pitch" and much, much more.

Available on **amazon.com** \$19.95

**Bulk discounts available from The LiveWell Institute**  
[www.thelivewellinstitute.com](http://www.thelivewellinstitute.com)