



Help! My Child Is ADHD! a Journey in Parenting an Add - ADHD Child

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With wit and gentleness, Lydia recounts her sensitive perceptions of the ups and downs, rewards and frustrations of life with her ADHD (Attention Deficit with Hyperactivity) child. The beginning quote sets the tone, "To have courage for whatever comes in life--everything lies in that." As the mother of an adult ADHD son, Lydia Herrera has been in the trenches where you may now find yourself. She has experienced first-hand the frustrations, challenges, and self-doubts as well as the joys that you may be experiencing in your life as a parent of an ADD or ADHD child. In this account of her experiences while raising her ADHD son, Lydia shares her mother's heart as she talks about her daily struggles in an interesting and engaging way. But she doesn't leave the reader there. In her story, Lydia offers helpful ideas and strategies to help parents. The reader may have a few "Aha" moments, and find some "Oh, I can do that" ideas. What separates this book from others in this arena is Lydia has "walked the walk" (this is not all book learning), so you know you can trust her message. You will laugh, cry, and learn a great deal as you read this book. You will also find one of the most important tools in parenting - HOPE. Yes, hope for you as you love your ADD/ADHD child and help him or her succeed each day

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