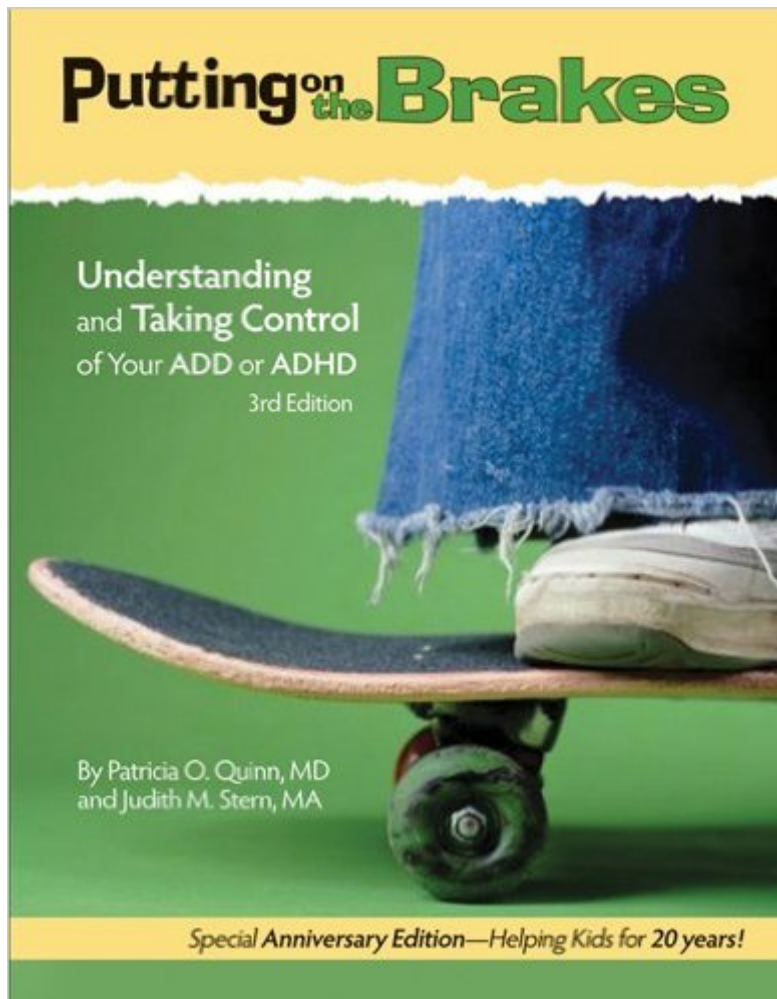


The book was found

# Putting On The Brakes: Understanding And Taking Control Of Your Add Or ADHD



## Synopsis

Now in its 20th year of publication, *Putting on the Brakes* remains the essential go-to resource for kids, parents, and professionals looking for tips and techniques on managing attention disorders. This third edition is updated and revised throughout with the latest info, resources, medication types, and glossary terms on ADHD. Written by two nationally recognized ADHD experts, *Putting on the Brakes* is loaded with practical ways to improve organizational, focusing, studying, and homework skills and contains more strategies for making friends, controlling emotions, and being healthy. This book gives kids with ADHD the tools for success in and out of school and helps them to feel empowered to be the best they can be!

## Book Information

Paperback: 112 pages

Publisher: Magination; 3 edition (April 15, 2012)

Language: English

ISBN-10: 1433811340

ISBN-13: 978-1433811340

Product Dimensions: 0.5 x 7 x 9 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (7 customer reviews)

Best Sellers Rank: #83,129 in Books (See Top 100 in Books) #34 in [Books > Health, Fitness & Dieting > Children's Health > Learning Disorders](#) #126 in [Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Special Needs](#) #952 in [Books > Medical Books > Psychology > General](#)

Age Range: 9 - 12 years

Grade Level: 4 - 7

## Customer Reviews

I was cautiously optimistic about this book. I expected my son and I to read this book together while he complained that it bored him to tears. The very first night we read he stopped mid-paragraph to ask questions and discuss what we had read. I was thrilled! He was open and talking - something I don't get very often. I felt like he was beginning to believe that he wasn't the only kid around dealing with this same struggle. This book is a great tool. I believe that it highlights strategies for change. What I find most helpful is that reading the material means that it is coming from another source other than Mom/Dad. This seems to make it easier to accept and discuss. He

seems more willing to try things out that have been suggested in the book.

I have recommended this book to parents many times as a way to help their children understand what ADD is. One of the best points in the book is that a diagnosis of ADD is not an excuse. Once one realizes what ADD is all about, one needs to work on ways to be successful, despite it. Written for kids to understand!

Recommended by development psychologist, this book really helped my son understand ADHD in a positive but informative way. He identified with the descriptions and found the suggestions helpful. I would recommend this book for any child or parent experiencing ADD/ADHD. It is particularly helpful for reading together as a family.

There are many books that are much more engaging and informative. Here are some superb books for children and teens with AD/HD. Grades 1-3 Mrs. Gorski, I Think I Have Wiggle Fidgets, Barbara Esham My Warp Speed Mind, Donalisa Helsley Otto Learns About His Medicine, Matthew Galvin Shelley, The Hyperactive Turtle, Deborah Moss My Friend Has ADHD, Amanda Tourville 80HD: A Child's Perspective On ADHD, Trish Wood Annie's Plan: Taking Charge of Schoolwork and Homework (attention, time management, organization, homework), Jeanne Kraus Terrific Teddy's Excessive Energy, Jim Forgan 1-6 All Dogs Have ADHD, Kathy Hoopmann 2-6 Jeanne Kraus- Get Ready for Jetty! My Journal About ADHD and Me, Cory Stories: A Kid's Book about Living with ADHD 3-6 Captain Underpants series, Dav Pilkey Slam Dunk: A Young Boy's Struggle with Attention Deficit Disorder, Roberta Parker 3-7 Sparky's Excellent Misadventures: My ADD Journal, Phyllis Carpenter 3-8 Journal of an ADHD Kid: The Good, the Bad, and The Useful, Tobias Stumpf 4-8 Joey Pigza series, Jack Gantos 6-12 ADHD and Me: What I Learned from Lighting Fires at the Dinner Table, Blake Taylor ADHD in HD: Brains Gone Wild, Jonathan Chesner A Bird's-Eye View of Life with ADD and ADHD, Chris Zeigler Dendy Positively ADD: Real Success Stories to Inspire Your Dreams, Catherine Corman The Sensory Team Handbook (for sensory processing/integration symptoms of AD/HD), Nancy Mucklow 8-12 Understand Your Brain, Get More Done: The ADHD Executive Functions Workbook, Ari Tuckman

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Putting on the Brakes: Understanding and Taking Control of Your Add or ADHD ADHD: Stories Of Those With Attention Deficit Hyperactivity Disorder And How They Overcame It (Adhd Children,

Adhd adult, Adhd parenting, Adhd without ... Adhd advantage, adhd effect on marriage) Putting on the Brakes Activity Book for Kids with Add or ADHD ADHD: A Mental Disorder or A Mental Advantage (2nd Edition) (ADHD Children, ADHD Adults, ADHD Parenting, ADD, Hyperactivity, Cognitive Behavioral Therapy, Mental Disorders) ADHD: Parenting a Child or Teen With Attention Deficit Disorder: Signs, Symptoms, Causes & Treatments (Treat ADHD & ADD Without Medication Books) Healing ADD Revised Edition: The Breakthrough Program that Allows You to See and Heal the 7 Types of ADD How to Add A Device To My Account: How to Add a Device ADD/ADHD Drug Free: Natural Alternatives and Practical Exercises to Help Your Child Focus How To Reach And Teach Children with ADD / ADHD: Practical Techniques, Strategies, and Interventions The ADD / ADHD Checklist: A Practical Reference for Parents and Teachers The Everything Health Guide to Adult ADD/ADHD: Expert advice to find the right diagnosis, evaluation and treatment (Everything®) Is That My Child?: A Parents Guide to Dyspraxia, Dyslexia, ADD, ADHD, OCD and Tourette's Syndrome of Childhood Teaching Teens With ADD, ADHD & Executive Function Deficits: A Quick Reference Guide for Teachers and Parents I Always Want to Be Where I'm Not: Successful Living with ADD and ADHD The ADD & ADHD Answer Book: Professional Answers to 275 of the Top Questions Parents Ask The Miracle of Bio-Identical Hormones: How I Lost My Fatigue, Hot Flashes, ADHD, ADD, Fibromyalgia, PMS, Osteoporosis, Weight, Sexual Dysfu ADHD & The Focused Mind: A Guide to Giving Your ADHD Child Focus, Discipline & Self-Confidence ADHD Parenting: A Mother's Guide to Strength, Organization, and Beautiful Living with an ADHD Child Essential Oils: 7 Essential Oils for Children With ADHD: A Holistic Approach to Reducing ADHD Symptoms Understanding Bergson, Understanding Modernism (Understanding Philosophy, Understanding Modernism)

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