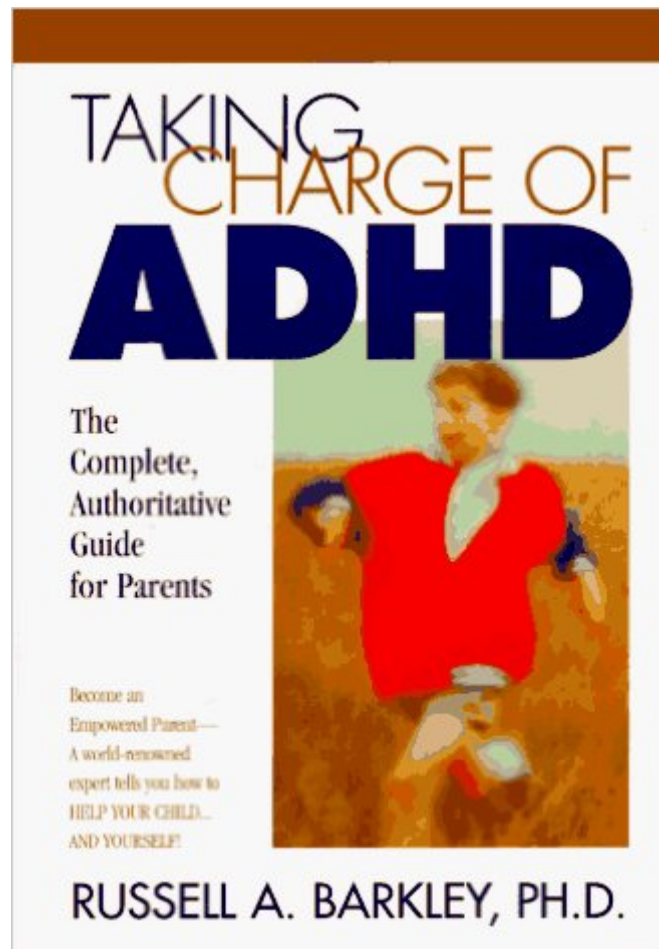


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# Taking Charge Of ADHD: The Complete Authoritative Guide For Parents



## Synopsis

Raising a child with attention-deficit/hyperactivity disorder is not easy. Bombarded with conflicting medical advice and worn down by the daily frustrations of child care, parents are likely to feel exhausted, confused, and helpless. This much-needed, authoritative book empowers parents of children with ADHD with the knowledge and the confidence they need to ensure their child receives the best care possible. Features include step-by-step methods for managing a child with ADHD in a variety of everyday situations; the latest information on available medications; numerous techniques for enhancing a child's school performance; and a special section devoted to the needs of the parents.

## Book Information

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Average Customer Review: 3.8 out of 5 stars [See all reviews](#) (12 customer reviews)

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## Customer Reviews

This is an incredibly thorough and educational book. Barkeley is a pioneer in research on ADHD and a genuine authority. But he leans too much on the pathological/medical view of ADHD, and by the end of the book, I was exhausted just thinking about the road ahead of me in raising two boys with ADHD. Fortunately, I read the review here suggesting other books (like *Driven to Distraction* and the Thom Hartman books), and I expanded my reading education about ADHD considerably by reading those books, too. However, I do recommend starting with Barkeley - to get facts and ideas about management of ADHD, especially if you have young children. But take his suggestions with a grain of salt, too - my gut tells me that asking my child's teacher to implement an elaborate "chips and points" type program at school is not really the way I want to go. Also, Barkeley is a little dry

and if you are an adult with ADD, you might put this one down before you finish. Nonetheless, it is a well researched and thoughtfully presented book, and I recommend it highly, so long as you read other books about ADHD/ADD, too.

This is the best discussion of ADHD as a medical disorder that I have read. Dr. Barkley explains ADHD as a problem with behavior inhibition where the distractability, impulsivity and hyperactivity are the results of the underlying problem. He then gives a thorough discussion of how parents can help themselves and their children with behavior modification techniques. He also discusses various medications that are used to treat ADHD. The reason that I do not give this book 5 stars is that it is not a complete picture of ADHD. The medical disorder model is not the only way, and not necessarily the best way to view this condition. I can only think of one paragraph in the whole book that mentions positive traits which are associated with ADHD. You really need to read a wider range of books to get a more complete picture. Hallowell and Ratey's "Driven to Distraction" gives a wonderful look at the many different ways that ADD can affect people and some idea of what it feels like from the inside. Thom Hartmann's "Attention Deficit Disorder: A Different Perspective" views ADHD as a personality trait with distinct advantages under the right circumstances rather than a disorder. These books will help expand Dr Barkley's important viewpoint.

I am very disappointed with this book and disturbed by its apparent popularity. I do not agree with parents who panned this book with because of its emphasis on medication. Many ADHD children, my own included, are more endangered off medication than on. I am more concerned by Dr. Barkley's generally pessimistic outlook on ADHD, his extreme emphasis on reward systems, and rigid classroom environments. A simple incentive program is important as one component of behavior management, but a program that relies almost entirely on a system of rewards and punishments places control of the child's behavior in the hands of parents and teachers and robs the child of the opportunity to ever take responsibility for his/or her own conduct. Likewise, I am troubled by his recommendations for classroom management. He describes a classroom in which children sit in rows and their activities are highly regulated by the teacher. The best thing that ever happened to our ADHD child is Montessori, where he is able to regulate his own experiences, choosing to work quietly alone when he feels over-whelmed and joining other children when he can control of himself. Our academically gifted, highly creative son flourishes in this environment, but he would utterly shut down in the type of classroom Dr. Barkley describes. I fear Dr. Barkley's recommendations stem from a basic lack of faith in the ADHD child. He barely acknowledges the

strengths of the child, and repeatedly focuses on the negative. He seems to view the ADHD child, (and adult) as helpless victim, who must be regulated and organized by others. I view the role of the parents, psychologist, psychiatrist, and teachers in the ADHD child's life as helping him or her learn to manage the disease. Ultimately, overtime, responsibility for self-control must be handed over to the patient, as s/he will grown up. Therefore, along with external rewards within limits, the child needs to learn systems of self-management and to recognize the internal rewards that come with self-control. Clearly, as the very title indicates, Dr. Barkley places control of the behavior in the hands of the caregivers. Where will the child be when s/he is grown and we are no longer are able to exert this kind of control?

This book was captivating. I am and adult ADHD and bought the book to gain insight on myself and my children. What I found, however, was information that not only humbled me, but allowed me to look at myself and my needs in a way that I've never done before. I have recommended it to others because the complete and concise manner of Dr. Barkley's book, allows for easy understanding, thereby empowering its readers with a sense of value they may have thought they had lost or didn't deserve. It gave me peace of mind and a foundation to start my family on the road to recovery. Another book that I believe will complement this one is "Brain Lock" by Dr. Jeffrey Swartz.

A terrific book! Barkley approaches the subject from every angle. The reader gets a clear understanding of the disorder as the myths about it and it's treatments are looked at under a scientific light. Very wholistic and empowering. You as the parent make the choices for your child's treatment and the first choice should be reading this book.

barkeley is a leader in the field of adhd. he really knows his subject, and has scientific research to back it up. many people don't know that barkeley himself is a twin who has an adhd brother. this is a superlative book. it's well written, and full of positive information.

Only book you'll ever need for ADHD

Finally - someone writes an ADHD book designed to help not hinder the process. Thank you for believing that these children are special not different and teaching how to deal "proactively" with the child without losing your own mind in the process.

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