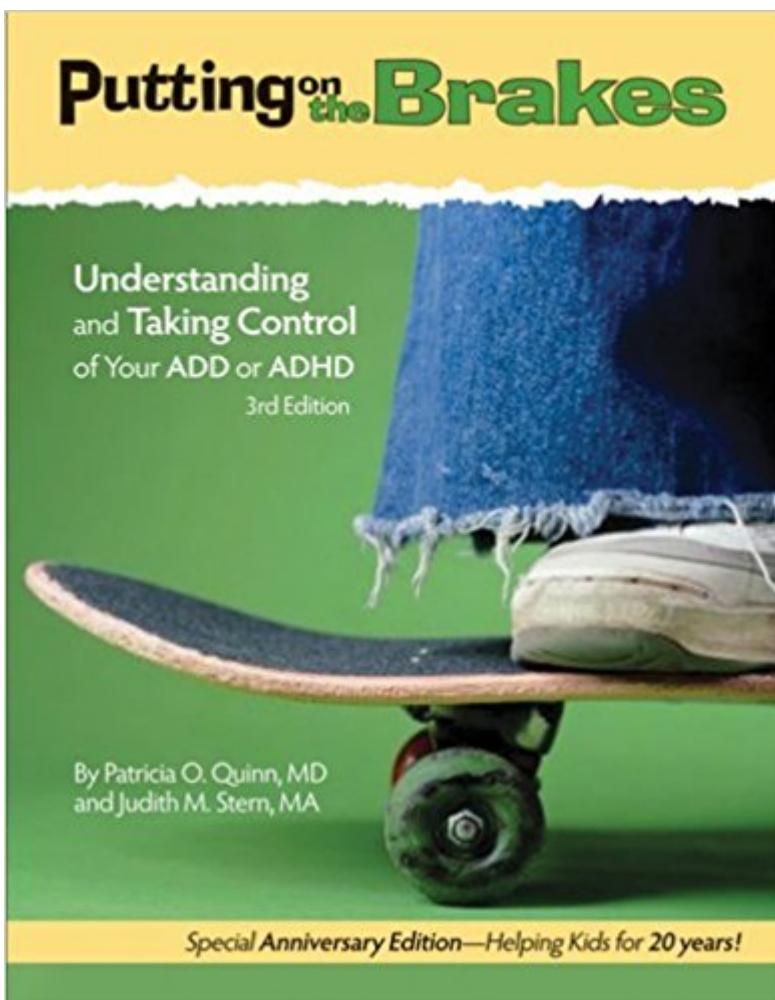


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# Putting On The Brakes: Understanding And Taking Control Of Your ADD Or ADHD



## **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

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

Average Customer Review: 4.0 out of 5 stars 11 customer reviews

Best Sellers Rank: #155,646 in Books (See Top 100 in Books) #50 in Books > Health, Fitness & Dieting > Children's Health > Learning Disorders #219 in Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Special Needs #1958 in Books > Medical Books > Psychology > General

Age Range: 9 - 12 years

Grade Level: 4 - 7

## **Customer Reviews**

Patricia O. Quinn, MD, is a developmental pediatrician in Washington, DC. Dr. Quinn is a well-known international speaker and conducts workshops nationwide about ADHD, and has authored several best-selling and groundbreaking books on ADHD including *Attention, Girls! A Guide to Learn All About Your AD/HD* and with co-author Theresa Maitland, PhD, *Ready for Take-Off: Preparing Your Teen With ADHD or LD for College* and *On Your Own: A College Readiness Guide for Teens With ADHD/LD*. In 2000, Dr. Quinn received the CHADD Hall of Fame Award. Judith M. Stern, MA, is an educational consultant in Rockville, Maryland, specializing in work with children who have learning

and attention problems. She is an experienced learning disabilities teacher, reading specialist and classroom teacher. She consults with parents and teachers, speaks nationally on subjects such as attention deficit disorder, learning problems and children's study/organizational skills. She is the co-author of four children's books on ADHD and LD, including with Uzi Ben-Ami, PhD, *Many Ways to Learn, Second Edition: A Kid's Guide to LD*.

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.

I bought this for my 8-year-old who has been diagnosed with ADHD and I think it was too heavy for him. I think it will be more appropriate when he's older and more mature.

great resource, full of good information and user friendly

My daughter-n-law requested this book for Christmas. She was very happy when she got it. She is a psychologist and her main goal is to help children. I feel if she wanted it then it must be an awesome book for any parent.

This was just what I needed for my ADHD daughter. We read it with her. It has helped her and us get a better grasp on what we need to do. I love how this is made to read to your child.

Great book to read with a child. Explains ADHD in a way that can lead to good conversation and answers questions in a more personal way.

this book is great for parents and kids to read together. There is a lot of resistance in the beginning. The sooner people get informed and empowered the better. I give this away.

Good handbook for those dealing with children with ADHD. Contains charts that can be used or modified for managing ADHD.

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Putting on the Brakes: Understanding and Taking Control of Your Add or ADHD 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 Diet For Children: Recipes and Diet to Help Your Child Focus, Perform Better at School, and Overcome ADHD For Life (ADHD Diet) ADHD Guide Attention Deficit Disorder: Coping with Mental Disorder such as ADHD in Children and Adults, Promoting Adhd Parenting: Helping with Hyperactivity and Cognitive Behavioral Therapy (CBT) The Insider's Guide to ADHD: Adults with ADHD Reveal the Secret to Parenting Kids with ADHD Take Control of ADHD: The Ultimate Guide for Teens With ADHD 12 Effective Ways to Help Your ADD/ADHD Child: Drug-Free Alternatives for Attention-Deficit Disorders Your Life Can Be Better, Using Strategies for Adult ADD/ADHD Healing ADD Revised Edition: The Breakthrough Program that Allows You to See and Heal the 7 Types of ADD Healing ADD: The Breakthrough Program That Allows You to See and Heal the 6 Types of ADD How to Add a Device to Account: How to add a device to my account - 3 easy steps in few minutes ASE Test Preparation - A5 Brakes (Delmar Learning's Ase Test Prep Series) CDL Exam Secrets - CDL Practice Tests & Air Brakes Endorsement Study Guide: CDL Test Review for the Commercial Driver's License Exam How To Reach And Teach Children with ADD / ADHD: Practical Techniques, Strategies, and Interventions ADHD & The Focused Mind: A Guide to Giving Your ADHD Child Focus, Discipline & Self-Confidence All About ADHD: A Family Resource for Helping Your Child Succeed with ADHD The ADD / ADHD Checklist: A Practical Reference for Parents and Teachers Help, My Body Is Killing Me: Solving The Connections Of Autoimmune Disease To Thyroid Problems, Fibromyalgia, Infertility, Anxiety, Depression, Add/Adhd And More I Always Want to Be Where I'm Not: Successful Living with ADD and ADHD

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