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Tips To Finding Articles And Resources About ADHD

By John Wellington

One of the best things about the Internet and about serious, scholarly, and devoted professional help sites is being able to find the accurate, timely, and truly informative articles related to your search. You can spot a helpful ADHD article just this way. While we can find amazingly suitable materials in the regular bookstore on ADHD (Attention Deficit/ Hyperactivity Disorder), such as Kate Kelly and Peggy Ramundo's lifesaving book, or those equally useful works by Thom Hartmann, Shari Holden, and others, the ADHD article is quicker, more easily accessible by anyone anywhere in the world (online, I mean), and is just as valuable as written by an ADHD specialist, expert, and/or professional.

You can start with the ADHD site or ADHD ezine (online magazine), for example to find almost any ADHD article perceived as relevant to you:

* BTE,

<http://borntoexplore.org>

, provides information and a number of helpful, informative ADHD

articles for scholarship and personal use.

* ADDitude magazine is online and by subscription, and has so many practical and realistic ADHD articles for the professional, the student, the parent, and the adult that you will definitely want your own copy! I came by the magazine through the college where I worked, and since then has read every magazine issue cover to cover. I then had to subscribe to resist the sinful temptation of keeping the copies I borrowed.

You will also want to have a look at the following ADHD article databases:

* The absolute premier site for ADHD articles is ADD Consults (

<http://addconsults.com>

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). It will take you

a little time to figure out how the system is constructed, but once you decide on a subject area, or sub–topic, you will get ADHD articles on everything from ADD strategies to co–morbidity information to ADHD articles about children and adults with ADD. The articles are upscale and professional, clinical, and/or personal, and are a must read! The site is built by Terry Matlin, MSW, ASCW, and features the astoundingly superbly brilliant support of ADHD article writers who are big names in the field—Edward Hallowell, John J. Ratey, Sari Solden, Thom Hartmann, and Michelle Novotny, to name just a few!

And once you find the primary source that is most user–friendly and most helpful to you, do not hesitate to sign up for a free newsletter, one which offers an ADHD article or two weekly or monthly (whenever the newsletter is delivered to your inbox):

* Terry Matlin, ACSW, also offers a newsletter which features an ADHD article, book reviews, and blurbs on many ADHD aids/products for the ADHDer, as I call her or him (as I call myself).

* Breath and Shadow, a monthly (or thereabouts) newsletter created by ROSC as the Journal of Literature and Disability Culture, is for writers and artists with any or all disabilities, and issues a monthly newsletter with a predetermined theme, but occasionally you might get an ADHD article.

As you can see, you can find the most scholarly ADHD articles, or the most personal and still accurate and relevant ADHD article written by a non–credentialed individual who is or knows someone who has to put up with the frustrations and challenges as well as special and unique gifts of Attention Deficit

Hyperactivity Disorder, a.k.a ADD. Come on, any sites to share with me, anyone?

John Wellington provides readers with up–to–date commentaries,

<http://www.free-acne-treatment-class.info>

, and reviews for

<http://www.healthcare-resource-guide.com>

,
skin care, and other related information.

Tips On Coping With A Child With ADHD

By Tina Barraclough

I am a mother of a 6 year old son who was recently diagnosed with Attention Deficit Hyperactivity Disorder (ADHD). I am by no means a expert on this subject – I am only a mom who struggles to help

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my ADHD child.

Listed below are some tips I have learned from experience along the way.

1. Life with a child who has ADHD has its challenges, but remember that your child is not acting up because they want to be difficult – they can't help it . So it 's up to you to stay calm and avoid arguing with your child. It helps to keep the daily routine and home life as calm, predictable and stress–free as possible.
2. Accept that there is a problem, whether or not you accept the diagnosis. Denial will not help you or your child.
3. Be prepared to feel guilty about the time you spend with your ADHD child compared to the time you spend with your other children. Other family members may start to feel like your are neglecting them.
4. Take care of yourself – it is often challenging to raise a child with ADHD. Caring for your own physical and mental health is an important part of helping your child, and will provide you with the necessary energy when you need it the most.
5. The most important thing is NEVER punish your child while you are angry. Take a breather away from the child before you hand out any punishment to your child. Discipline that belittles or shames a child can truly be harmful.
6. Start rewarding instead of punishing. You've probably already discovered how useless it is to try to punish your child when he 's running around or tuning you out. What I have found with my child is how well he responds to simple rewards. Praise good behavior immediately ("You brushed your teeth, just like I asked you to! Thanks so much!") and give your child a reward that pleases him such as a special snack or extra time to watch TV, for example. The reward should be something he can enjoy right away; kids with ADHD don 't like to wait.
7. Realize you are not alone. There are many parents out there who have a child with ADHD. If you need to talk to someone, you can find support groups out there. Talk to your Doctor or Therapist. They can point you in the right direction to find support.

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Understanding ADHD

Beyond ADHD... The Real Child

ADHD Beyond The Classroom

ADHD The Easy Way

Self Improvement PLR Kit

How To Find A Topic For Your Ebook

The Great Big Book of Internet Marketing

Article Cash

Affiliate Marketing PLR Kit



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