



A Holistic Approach to Successful Children with Attention Deficit/ Hyperactivity Disorder (ADHD)- A Home Study System for Parents

Debra E Burdick LCSW - BCN

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Seasoned clinician and mother of a daughter with ADHD, Debra Burdick draws on nearly 27 years of clinical and personal experience to offer a holistic approach for success with ADHD to parents and professionals. This Home Study System provides a step-by-step guide to help children with ADHD thrive. How do I take care of myself as a parent? What does success look like? Am I sure I have an accurate diagnosis? What else could be causing or amplifying these symptoms. What treatment options work for ADHD? How can I be sure my child's diet is fully supporting them and not making things worse? Why should I care about exercise? How can I get my child to sleep? What behavior management techniques work best for ADHD? Can I help my child be better organized? What do I need to know to work with the school? Is TV making things worse? The CDs discuss: A Holistic Approach, Naturopathic medicine, Neurofeedback, medication, diet, sleep, behavior, relationships, organization, and school and include a Meditation for Sleep and a Meditation for Concentration. This easy to use book and eleven information packed CD's teaches parents how to solve all the pieces of the ADHD puzzle.

The book is 161 pages and includes 11 CDs

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