



# **Fire Child, Water Child: How Understanding the Five Types of ADHD Can Help You Improve Your Child's Self-Esteem and Attention**

*Stephen Cowan MD FAAP*

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***Fire Child, Water Child*** is a revolutionary guide to parenting a child with attention-deficit hyperactivity disorder (ADHD) that does not rely on medication or pathologizing your child's challenges. This method, created by pediatrician and ADHD specialist Stephen Scott Cowan, helps you identify your child's unique focusing style—wood, fire, earth, metal, or water—and calm the stress that can contribute to your child's ADHD symptoms.

What is your child's ADHD style?

- The Wood Child is an adventurous explorer who is always on the move but gets frustrated easily
- The Fire Child is outgoing, funny, and can be prone to mood swings and impulsive actions
- The Earth Child is cooperative, peacemaking, but can feel worried or indecisive when stressed
- The Metal Child is comforted by routine, and finds it difficult to shift attention from task to task
- The Water Child is an imaginative dreamer, yet struggles to keep track of time

By using this personalized approach, you will help your child reduce impulsive behavior, regulate attention, and handle school and home routines with confidence.

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Spent a free a chance to be fun activity to complete! A lot of people spent their free time with their family, or their particular friends. Usually they doing activity like watching television, likely to beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Will you something different to fill your own free time/ holiday? Could possibly be reading a book is usually option to fill your totally free time/ holiday. The first thing you will ask may be what kinds of publication that you should read. If you want to consider look for book, may be the publication untitled Fire Child, Water Child: How Understanding the Five Types of ADHD Can Help You Improve Your Child's Self-Esteem and Attention can be fine book to read. May be it is usually best activity to you.

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