Learning To Slow Down & Pay Attention: A Book for Kids About ADHD

Kathleen G. Nadeau, Ellen B. Dixon

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In this new, third edition of Learning to Slow Down and Pay Attention, the authors have made a number of changes to reflect changes in understanding of ADHD and in our approach to its treatment. For example, in response to growing research on the safety and efficacy of stimulant medication in treating ADHD, we explain more to the child about medication and how it works. Another important change in this edition is an increas in child-centered focus. While the majority of what's written about ADHD emphasizes behaviors that bother adults, this book emphasises those aspects of ADHD that are troublesome to the children, trying to look at the world more from their point of view.

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