

## Parenting Children with ADHD

As a child psychiatrist, I have partnered with families and children for more than 36 years as we have worked together to achieve their goals. For the past 17 years I have specialized in the diagnosis and treatment of children with ADHD.

ADHD is a very complex perceptual, information processing disorder with a number of different subtypes and varying degrees of impairment.

For many children with ADHD, the issue is far more complex than inattention or hyperactivity. There are often associated learning disabilities, mood problems, behavior problems and issues with personal esteem. Additionally, executive functioning is often impaired.

First and foremost an accurate diagnosis is essential. Then, for interventions to be effective, they must be individually developed, symptom targeted and continually reviewed. The negative symptoms of ADHD need to be addressed, but for any treatment program to achieve long term benefits the focus must be on a child's strengths. Thus the concept of "strengthen a strength". Most children with ADHD have an area of interest or a talent that seems for the most part to be "spared". Whether it is sports, music, or art, etc., the child should be given the opportunity to pursue this area of interest or talent.

Issues relating to low esteem are frequently present, but especially so if a child has an auditory attention deficit disorder.

I hope that you will take advantage of the article on building personal esteem using the "2 Basket System" that can be found in the Family Resource Library. This is a simple, powerful and fun system that I developed a number of years ago, that really works and has withstood the test of time.

The challenges presented by the child with any of the above problems require that parents elevate their level of parenting skill and knowledge to be able to function effectively. It has never been harder to be a parent than it is right now. GROWING BETTER FAMILIES wants to help.

Through GROWING BETTER FAMILIES, I will be sharing the resources and materials that I've developed over the years as well as those currently under construction. We will also share other resources as long as they meet our standard of being well-grounded, psychologically sound, positive in their content, straightforward, practical, powerful and effective.

We trust that you will find a resource in our library that will be helpful. Also you are welcome to check out Tips For Parents, A Note of Encouragement, S.A.F.E.R. Families, From My Desk, and the Discussion Board. We hope to be able to serve you.

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