



# Teenagers with ADD and ADHD: A Guide for Parents and Professionals

*Chris A. Zeigler Dendy*

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**Teenagers with ADD and ADHD: A Guide for Parents and Professionals** Chris A. Zeigler Dendy (2006 ForeWord Magazine Book of the Year Award, Bronze Finalist in Parenting category). The newly updated and expanded guide to raising a teenager with an attention deficit disorder is more comprehensive than ever. Thousands more parents can rely on Dendy's compassionately presented expertise based on the latest research and decades of her experience as a parent, teacher, school psychologist, and mental health counselor. Her book looks at key areas that make adolescence--an already challenging time of life--potentially more difficult for kids with ADD or ADHD: academics, dating, driving, socializing, and greater independence.

**TEENAGERS WITH ADD AND ADHD** gives parents insight on everything from understanding the diagnosis to treatment options, and from behavioral and academic issues, to parent involvement and self-advocacy. The new edition includes additional or updated information in several areas. A separate chapter on medications provides details on specific drugs, including many new ones, and what research shows about their effectiveness in improving attention, impulse control, and distractibility. Dendy discusses new findings about the role of executive function problems and how they relate to teenagers difficulties with organizational skills, long-range planning, and staying on task. She advises parents on their role in working with schools to find strategies for academic success. Teenagers also speak out about their condition, and Dendy points to ways to involve them in their own treatment plan. In addition, the book covers coexisting disorders such as learning disabilities, depression, anxiety, Tourette syndrome, and Asperger syndrome.

Since 1995, this nuts and bolts guide has given parents hope and empowerment. It's chockfull of the latest data and proven strategies that can help manage the symptoms of ADD and ADHD at home and school.

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