

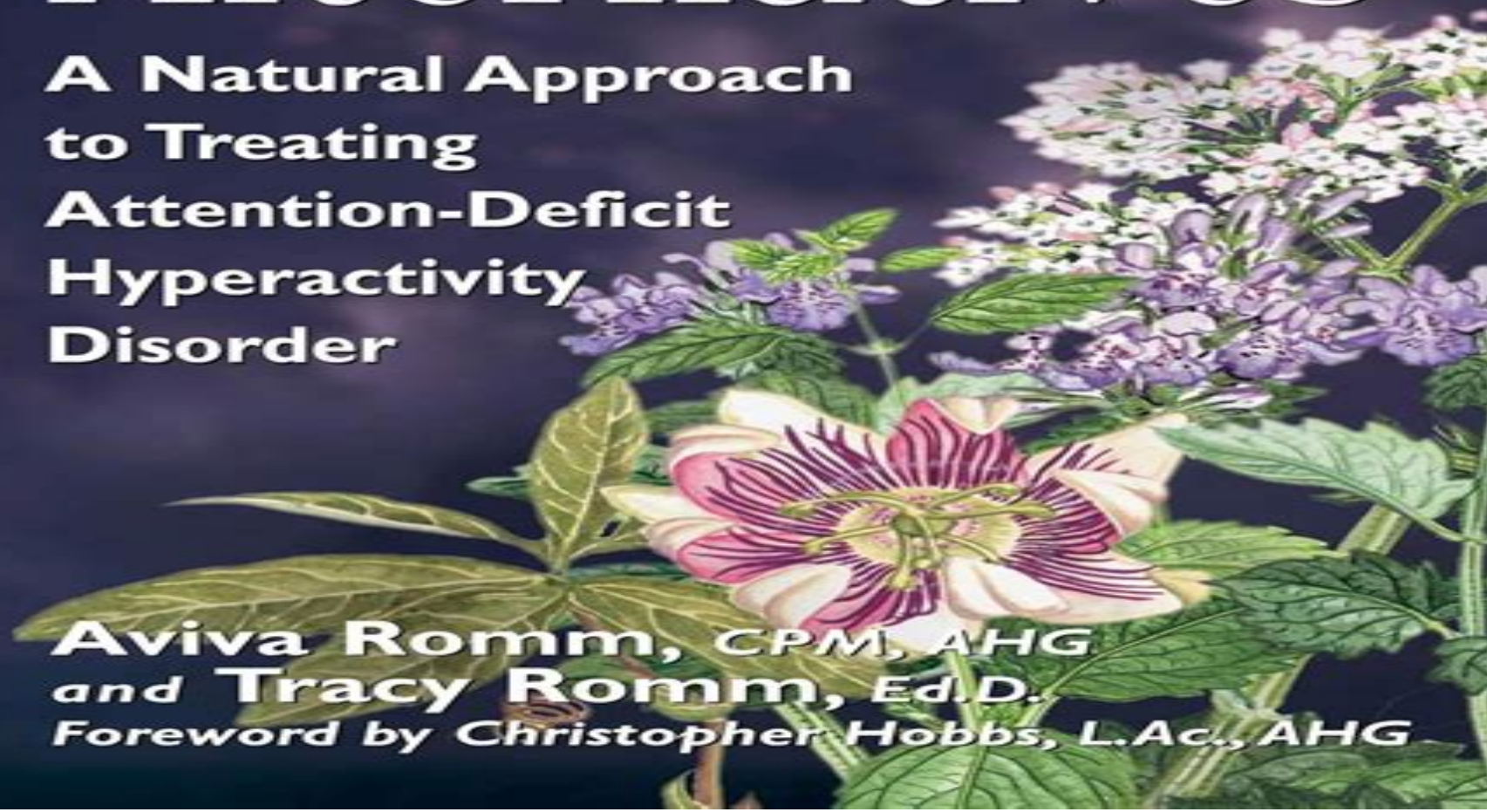


**A Storey Medicinal Herb Guide**

# **ADHD Alternatives**

**A Natural Approach  
to Treating  
Attention-Deficit  
Hyperactivity  
Disorder**

**Aviva Romm, CPM, AHG  
and Tracy Romm, Ed.D.**  
*Foreword by Christopher Hobbs, L.Ac., AHG*



# Nurturing Your Child Alternative Approaches To Add Attention Deficit Disorder

**Litany Burns**



## **Nurturing Your Child Alternative Approaches To Add Attention Deficit Disorder:**

ADD/ADHD Alternatives in the Classroom Thomas Armstrong, 1999 What does it mean to a kid to be labeled attention deficit disorder ADD Or to have hyperactive added to the label ADHD What can teachers do to boost the success of students with attention and behavioral difficulties Are we relying too much on medication for these kids and not enough on new perspectives on learning child development the child s socioeconomic and cultural background biological and psychological research and the learner s emotional and social needs Armstrong urges educators and parents to look for the positive characteristics in learners who may carry the ADD ADHD label Are they bursting with energy Are they intensely creative Do they enjoy hands on learning Are they natural leaders Are they unusually introspective and reflective We need to look beyond a deficit approach and embrace a more holistic view of learners that includes teaching to their multiple intelligences learning styles and other brain friendly approaches For example here are some classroom activities for kids who can t sit still Learning spelling words by having kids jump up out of their seats on the vowels and sit down on the consonants Mastering the multiplication tables by forming a conga line moving around the classroom counting from 1 to 30 out loud and on every multiple of 3 shaking their hips and legs Showing patterns of molecular bonding in chemistry class through a swing your atom square dance *The Complete Idiot's Guide to Indigo Children* Carolyn Flynn, Wendy H. Chapman Dir. MA Ed, 2007-08-07 Forget the Age of Aquarius and hang on tight The term Indigo Children entered the lexicon in 1982 when psychic and author Nancy Ann Tappe talked about the coming Indigo Age in her book *Understanding Your Life Through Color* In this guide the authors explain why Indigo Children require lots of attention they tend to think holistically and intuitively and they process emotions differently Parenting these high level children is a challenge and their years in school may be challenging Articles about the Indigo phenomenon have appeared in newspapers throughout the U S and as far away as Russia over the last few years including one in the New York Times 1 06 Author Wendy H Chapman is considered one of the foremost experts on Indigo Children **When Your Child Has . . . ADD/ADHD** Rebecca Rutledge, 2008-05-01 ADD ADHD is a complex disorder but getting the clear concise information you need to help your child doesn t have to be a challenge Written by the expert doctor team of clinical psychologist Rebecca Rutledge and pediatrician Vincent Ianelli *When Your Child Has ADD ADHD* gives you the latest information and research in a straightforward easy to understand manner This important guide will help you Determine the differences between ADD and ADHD Find the right doctor and get the right diagnosis Help your child focus with and without medication Deal with emotional struggles and discipline With *When Your Child Has ADD ADHD* you ll get the explanations advice and answers you need to understand nurture and most importantly help your child Rebecca Rutledge Ph D is a clinical psychologist in Memphis TN She has a private practice in which she treats both children and adults with ADD ADHD Interestingly she too has ADD Her emphasis with her patients is that ADD ADHD is not a death sentence it can be treated and managed such that the strengths of an individual with ADD ADHD can

come shining through Vincent Iannelli M D is the author of The Everything Father s First Year Book A board certified pediatrician and fellow of the American Academy of Pediatrics he is also an associate professor of pediatrics at UT Southwestern Medical Center After completing his residency at the Children s Hospital in Dallas Dr Iannelli opened his private practice He has nine years of clinical experience taking care of kids with common childhood illnesses Dr Iannelli lives in Hearth TX **ADHD Alternatives** Aviva J. Romm C.P.M.,Tracy Romm Ed.D.,2012-11-01 Attention deficit hyperactivity disorder ADHD is one of the most commonly diagnosed and misdiagnosed disorders in children This guide focuses on the root causes of ADHD and offers a natural and holistic approach to combat the disorder encouraging families to find solutions that don t rely on psychostimulant drugs like Ritalin Discover the many benefits of treating ADHD with a mixture of nutritional supplements herbal medicines and parenting techniques that foster self esteem creativity self discipline and confidence

**Critical New Perspectives on ADHD** Gwynedd Lloyd,Joan Stead,David Cohen,2006-09-27 Experts from all over the world scrutinize the current accepted practices and unpick the myths surrounding ADHD They raise a number of concerns uncovered by some available material and offer alternative approaches for educational professionals **Words on**

**Cassette, 2002** R R Bowker Publishing,2002 **Raising Girls With ADHD** Mary Anne Richey,2024-06-06 The second edition of the best selling Raising Girls with ADHD features the latest information on research and treatment for girls with ADHD presented in an easily accessible format The book is packed with expert information to empower parents to make decisions about identification treatment options behavioral strategies personal social adjustment educational impact and many other issues from preschool through high school Featuring practical suggestions and interventions this book is a comprehensive guide for parents interested in helping their daughters with ADHD reach their full potential Based on the author s years of personal and professional experience this book covers topics not often found in other parenting guides such as the preschool years and early diagnosis a Dynamic Action Treatment Plan parents and their daughters can work on together as well as guidance for teens on money management getting their first job and post high school planning In addition to expert guidance this new edition also features interviews with girls and their mothers sharing their personal strategies for success in managing ADHD Full of tactics resources and tools this book will provide the support you need to build a positive relationship with your daughters while seeking the most appropriate treatments and support *Ad/Hd Generation* Cecilia Zuniga,2010-02 This holistic parenting book is aligned with current research and with the shifts that are apparent today in support of healthier living a greener planet and a peaceful world It not only honors children s individuality and wholeness it is filled with safe effective and reliable facts and holistic parenting tools that honor all aspects of children s being their physical mental emotional spiritual and energetic bodies This easy to read guidebook also has step by step do able practices that can be used immediately to strengthen overall family relationships so that parents and kids can settle into an open flowing and more loving space with each other In AD HD Generation Dr Lopez Zuniga challenges modern society s medical

approach to children's functioning proposing that its heavy reliance on intrusive drugs is both insufficient and dangerous for developing youngsters. Given the risks of stimulants and other prescription drugs, it is time to recognize the value of a holistic approach that includes a nurturing parent-child relationship, healthy lifestyle choices, and full support for children to grow into well-balanced adults.

**BOOK SUMMARY** Part One of the AD/HD Generation guidebook sifts through the history, causes, treatment issues, and controversies surrounding the AD/HD diagnosis today and reviews the history and benefits of a more holistic approach to health and wellness. Part Two of the AD/HD Generation guidebook provides valid, practical facts and information about holistic options, PLUS easy-to-use tools, charts, tables, and guidance for better understanding holistic parenting and supporting ALL children's wholeness and wellness. Here you find answers to decide which tools and options might be supportive and doable with your child right now. You get up-to-date, accurate information so you can make the best decisions for your family. Every chapter covers the history, safety, effectiveness, how-to, who-to, and/or where-to for each approach, plus handy tools that you can use with your child immediately. You will find both well-known and less-known approaches, plus appendices and lists of resources with additional information.

In Part Two of AD/HD Generation, you get ten chapters and well over 200 pages with facts, tangible and practical tools, and resources for fine-tuning your parenting in nine key areas: for positive change, addressing challenging behaviors in ways that teach children to make responsible choices, how to support children in learning, recognizing foods/additives, the true impact of relaxation, understanding, balancing children's bodies, plus exploring the influence of visual system/sensory scrambling, stabilizing children's body/brain moods, harmonizing children's body/brain moods, plus ten tips for raising children to become healthy, conscientious, responsible adults.

AD/HD Generation: Holistic Ways to Support Children is an incredible, fact-filled, comprehensive, easy-to-read guidebook and resource that you can use over and over again in support of your parenting and your children.

### **The Sixth Sense of Children**

Litany Burns, 2012-11-01 Every child is born with innately wonderful and intuitive abilities. And when properly fostered in a child, these abilities offer untold advantages as your child matures and becomes an adult. The Sixth Sense of Children provides parents with the tools and practical exercises that will help parents guide their children in developing and mastering the skills of intuition and perception. Using personal stories from her own experiences and experiences with her clients, world-renowned psychic medium and channeler Litany Burns will guide readers to finding the power of their children's intuition and also their own. The Sixth Sense of Children will teach children to problem-solve and listen to their inner voice. Open the lines of communication between you and your child. Bolster children's self-esteem. Encourage children's self-expression. Improve children's focus.

### **Methods in Psychological Research**

Bryan J. Rooney, Annabel Ness Evans, 2018-08-01 Methods in Psychological Research introduces students to the rich world of research in psychology through student-friendly writing, compelling real-world examples, and frequent opportunities for practice. Using a relaxed yet supportive tone that eases student anxiety, the authors present a mixture of conceptual and practical discussions and spark

reader interest in research by covering meaningful topics that resonate with today's students. In-text features like Conceptual Exercises, FYI sections, and FAQ sections with accompanying visual cues support learning throughout the research experience. The Fourth Edition equips students with the tools they need to understand research concepts, conduct their own experiments, and present their findings.

*The Therapist's Notebook for Children and Adolescents* Catherine Ford Sori, Lorna L. Hecker, 2014-04-04 This book puts a myriad of homework handouts, activities, and interventions in your hands. Targeted specifically toward children and adolescents, the therapist's helpers you'll find in this extraordinary book will give you the edge in aiding children with their feelings, incorporating play techniques into therapy, providing group therapy to children, and encouraging appropriate parental involvement. *The Therapist's Notebook for Children and Adolescents* covers sleep problems, divorce, illness, grief, sexual abuse, cultural minority issues, and more, incorporating therapeutic approaches that include play, family play, psychodynamic, family systems, behavioral, narrative, and solution-focused therapy. This ready reference is divided into eight thoughtfully planned sections to make it easy to find the right activity, handout, or intervention for the problem at hand: Dealing with Children's Feelings, The Use of Play in Therapy, Special Child Problems, Youth, Adolescents, Specific Approaches or Interventions, Family Issues, Parent Education and Intervention, and Illness and Bereavement. Covering a wide age range, *The Therapist's Notebook for Children and Adolescents* will help you become even more effective with your youthful clients by providing creative ideas for use with children, expanding your repertoire of proven interventions and approaches to working with children, and specific children's issues, exploring effective ways to run children's groups, showing you how to work with children in many modalities: individual, family, with parents, and in groups, examining ways to include parents and families in child/adolescent therapy to increase the ability to make systematic changes, helping the client's behavioral change to be reinforced at home. A far cry from typical child intervention books, *The Therapist's Notebook for Children and Adolescents: Homework Handouts and Activities for Use in Psychotherapy* does much more than simply help you teach skills to children. Make it a part of your therapeutic arsenal today.

*In Their Own Way* Thomas Armstrong, 2000-08-07 Does your child have a favorite subject, activity, or hobby? Children learn in multiple ways, and educator Thomas Armstrong has shown hundreds of thousands of parents and teachers how to locate those unique areas in each of our children where learning and creativity seem to flow with special vigor. In this fully updated classic on multiple intelligences, Armstrong sheds new light on the eight ways to bloom, or the eight kinds of multiple intelligences. While everyone possesses all eight intelligences, Armstrong delineates how to discover your child's particular areas of strength among them. The book shatters the conventional wisdom that brands our students as underachievers, unmotivated, or as suffering from learning disabilities, attention deficit hyperactivity disorder, or other learning diseases. Armstrong explains how these flawed labels often overlook students who are in possession of a distinctive combination of multiple intelligences and demonstrates how to help them acquire knowledge and skills according to their sometimes extraordinary aptitudes. Filled

with resources for the home and classroom this new edition of *In Their Own Way* offers inspiration for every learning situation

**Understanding and Loving a Person with Attention Deficit Disorder** Stephen Arterburn, Timothy Smith, 2017-10-01 People who love or work with someone with ADD often feel conflicted they want to help but they don't want to enable They value the person's creativity but they are exhausted Stephen Arterburn and Timothy Smith address ten myths about ADD the pros and cons of medication foods that help to minimize ADD twelve strengths of people with ADD new studies on how to calm the mind showing empathy even when it's hard and more This fresh look at ADD not as a malady but as a unique way of thinking shows readers that ADD doesn't have to ruin their relationships In fact it can make them stronger

**Nature's Ritalin for the Marathon Mind** Stephen C. Putnam, 2001 ADHD is a childhood epidemic By some estimates 5 percent or more of the school age children in the U S have been diagnosed and most of them are being treated with powerful prescription drugs Scientists have now discovered that a simple basic human activity exercise has the same positive influence on the brain without the negative side effects Nature's Ritalin for the Marathon Mind shows how in a great many cases doses of medication can be decreased or eliminated in favor of a regular schedule of exercise with vast improvements in the quality of life for the children and their families The author describes in detail the scientific basis for exercise as therapy how to determine the optimal schedule and how to help children become motivated to obtain the appropriate level of exercise without parental nagging If you are the parent of a hyperactive child this may be the most important book you will ever read This is not an anti Ritalin book The author notes that in some cases medication is essential and that any change in treatment should be done in consultation with a physician However he shows that exercise is a far better solution for many children one that can be safely tested because it is a natural part of life

**Books Out Loud**, 2007 *How to Be The Grown-Up* Martha Deiros Collado, 2024-02-29 INSTANT SUNDAY TIMES BESTSELLER Parenting doesn't come with a manual but if it did it would be this one Myleene Klass Brilliant Dr Martha has guidance for almost every sticky moment i Paper Drawing on her years of experience as a clinical psychologist Dr Martha understands the questions all parents face How can I make my child listen to me How can I stop a tantrum in its tracks What can I do when my child feels sad Why is my child a picky eater and what can I do about it What should I do when I lose my temper With humour boundless energy wit and warmth Dr Martha tackles it all from how to talk about honesty and lies death co parenting consent gender attachment boundaries and tantrums as well as the small but critical daily challenges parents face She explains why beneath each dilemma it's the behaviours and scripts we learned as children that shape the parents we become This deceptively simple and always empathetic guide is a must have toolkit for parents or any grown up interested in what makes a healthy happy confident parent and child Martha is my go to expert for parenting This book is full of real life examples lived experiences useful strategies and so much reassurance Charlotte Stirling Reed bestselling author of *How to Wean Your Baby* [Different Minds](#) Deirdre V Lovecky, 2023-06-21 In this fully updated second edition this book provides an insight into the challenges and benefits

specific to gifted children with attention difficulties Recognising the different kinds and levels of giftedness it explains why certain children are gifted and how giftedness is manifested with each chapter addressing the relevance of a specific topic for children with AD HD and Asperger Syndrome Lovecky guides parents and professionals through methods of diagnosis and advises on how best to nurture individual needs positive behaviour and relationships at home and at school Lovecky explores concepts such as asynchrony and the effects of such uneven development on children using case studies to illustrate emotional intellectual creative and social development She also highlights the inadequate measures currently in place to assist parents and teachers and goes on to clearly define what is required to understand and help these children so that their needs can be met more positively in the future Different Minds with its wealth of practical and background information is essential reading for all those who live or work with gifted children with attention difficulties Mosby's Canadian Textbook for the Support Worker - E-Book Sheila A. Sorrentino, Leighann Remmert, Mary J. Wilk, Rosemary Newmaster, 2014-04-22

Mosby's Canadian Textbook for the Support Worker prepares students to function in the role of support worker in community and institutional settings The 1 text used by Support Worker programs across Canada and at Canadian affiliated schools worldwide the book covers the broad foundation of skills that support workers resident care aides health care aides need in order to perform their role safely and effectively Comprehensive yet easy to read Mosby's Canadian Textbook for the Support Worker makes learning easy with clear explanations of concepts and step by step presentations of procedures Numerous full colour illustrations photographs charts and tables are combined with real life case studies and examples to provide the reader with an outstanding learning experience Covers key procedures for Canadian support workers 95 in total Recognizes provincial territorial differences in scope of practice Clear detailed instructions in step by step procedures Evidence based practice chapter references supplied at end of book Reflects current Canadian practice and terminology Additional First Nations content Chapter summaries to aid student comprehension Rationales for all procedure steps Test Bank features higher level taxonomies to allow testing that focuses on cognitive level Instructor's Test Bank features higher level taxonomies to allow testing that focuses on cognitive level And more *Pea in a Pod, Second Edition* Linda

Goldberg, 2012-07-19 Back in the good old days mothers to be visited their obstetricians once a month and gave birth to their babies heavily sedated while their husbands paced nervously in the waiting room Today most parents choose to be active players If you want to be a participant in the birth of your baby Pea in a Pod is your playbook Taking you from your first day of pregnancy through your child's first year Pea in a Pod presents everything from relaxation exercises to practice during pregnancy birth positions and breathing techniques This comprehensive guide offers a month by month breakdown of the physical changes to expect during pregnancy and describes the emotional aspects of pregnancy It also provides a nutrition plan for the pregnant woman exercise plans for the mother to be new mother and cesarean mother and a wealth of hints for the father to be and labor partner The basics of infant care and breastfeeding are included and over 200 photographs and



illustrations clarify the text A step by step handbook a ready reference and a source of practical advice Pea in a Pod is a book you ll turn to time and time again      **Attention Deficit Disorder** Thomas E. Brown, 2005-01-01 A new understanding of ADD along with practical information on how to recognize and treat the disorder A leading expert in the assessment and treatment of Attention Deficit Disorder Attention Deficit Hyperactivity Disorder dispels myths and offers reassuring practical information about treatments Drawing on recent findings in neuroscience and a rich variety of case studies from his own clinical practice Dr Thomas E Brown describes what ADD syndrome is how it can be recognized at different ages and how it can best be treated This is the first book to address the perplexing question about ADD how can individuals some very bright be chronically unable to pay attention yet be able to focus very well on specific tasks that strongly interest them Dr Brown disputes the willpower explanation and explains how inherited malfunctions of the brain s management system prevent some people from being able to deal adequately with challenging tasks of childhood adolescence and adulthood His book is an authoritative and practical guide for physicians and psychologists parents and teachers and the 7 to 9 percent of persons who suffer from ADD ADHD

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