



## ADD / ADHD Behavior-Change Resource Kit: Ready-to-Use Strategies and Activities for Helping Children with Attention Deficit Disorder

*By Grad L. Flick Ph.D.*

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**ADD / ADHD Behavior-Change Resource Kit: Ready-to-Use Strategies and Activities for Helping Children with Attention Deficit Disorder** By Grad L. Flick Ph.D.

For teachers, counselors and parents, this comprehensive new resource is filled with up-to-date information and practical strategies to help kids with attention deficits learn to control and change their own behaviors and build the academic, social, and personal skills necessary for success in school and in life. The Kit first explains ADD/ADHD behavior, its biological bases and basic characteristics and describes procedures used for diagnosis and various treatment options. It then details a proven set of training exercises and programs in which teachers, counselors and parents work together to monitor and manage the child's behavior to achieve the desired results.

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**ADD / ADHD Behavior-Change Resource Kit: Ready-to-Use Strategies and Activities for Helping Children with Attention Deficit Disorder** By Grad L. Flick Ph.D. **Bibliography**

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## **Editorial Review**

From the Back Cover

**CHANGING BEHAVIORS** The *Kit* gives you detailed guidelines to get kids started in developing new behaviors and abandoning inappropriate behaviors, including 9 ready-to-use exercises like "Sample Modeling Behavior" and techniques for using time out, grounding and ignoring productively.

**BUILDING SOCIAL SKILLS** A variety of reproducibles are included to help kids learn social graces, how to play by the rules, control impulsivity and anger, overcome the common problem of low self-esteem and more. You'll also find a "Behavior Check Card" and "Social Graces Checklist" to foster home-school cooperation, and "Positive Strokes" examples to build healthy self-esteem.

**SOLVING HOMEWORK ISSUES** The Kit presents practical strategies and forms to solve problems with homework, such as losing or forgetting work, lying about homework, and requiring constant supervision, including reproducible organizers like a "Homework Problem Checklist" and "Homework Check Card."

**IMPROVING CLASSROOM BEHAVIOR** You'll also find tested materials and techniques to keep the child focused and on task in the classroom while ensuring that all students are learning, including a ready-to-use "Behavior Contract," "Weekly Notes," and "Home-School Behavior Chart."

**COPING WITH KIDS** Plus the Kit gives you a host of survival strategies to help teachers and parents reduce their own stress, get support from others, and develop an assertive style to keep kids from "pressing their buttons."

In short, the **ADD/ADHD BEHAVIOR-CHANGE RESOURCE KIT** gives you virtually all you need to help kids take charge of their own behavior and build effective life and social skills. As the author states, "When there is increased confidence in dealing with difficult ADD/ADHD behaviors and where there is consistent use of the most effective techniques, then opportunities for academic, personal, and other successes can be achieved for all individuals."

### About the Author

Grad L. Flick received his Ph.D. in Clinical Psychology from the University of Miami in 1969 with APA-approved internship at the University of Florida Medical Center. A licensed psychologist since 1971, Dr. Flick has specializations in neuropsychology and applied psychophysiology. He has been certified in stress management and employee assistance, and he has Fellow and Diplomatic status from the American Board of Medical Psychotherapists. He has also held positions in psychology at the University of New Orleans and Louisiana State University School of Medicine, and has served as consultant to several hospitals in the New Orleans and Mississippi Gulf Coast area. Since 1971, he has been in private practice and is currently director of Seacoast Psychological Associates, Inc. Dr. Flick and his wife, Alma L. Flick, Ph. D., specialize in the evaluation and treatment of children, adolescents, and adults with Attention Deficit Disorder, and other learning and behavioral problems. Dr. Grad Flick is also director of the ADD Clinic, which offers year-round programs for children, adolescents, and adults, as well as behavioral and cognitive therapies, and traditional and group therapies. A Summer Camp and summer program for children with ADD/ADHD are also offered. Dr. Flick, who is currently Adjunct Professor at the University of Southern Mississippi Regional Gulf Park Campus in Long Beach has numerous publication credits, has conducted many workshops for both parents and teachers on ADD, and has given lectures to various parent and teacher organizations on ADD and Child

Management. He is the author of *Power Parenting for Children with ADD/ADHD: A Practical Parent's Guide for Managing Difficult Behaviors* (The Center for Applied Research in Education, 1996), *ADD/ADHD Behavior-Change Resource Kit* (The Center for Applied Research in Education, 1997), and *Managing Difficult Behavior in the Classroom: A Pocket Guide for Teachers* (Seacoast Publications, 1999). He has over 28 years' experience in both research and clinical practice with children who present attentional, learning, and/or behavioral disorders. Drs. Grad and Alma Flick have also parented a child with learning disability and Attention Deficit Hyperactivity Disorder.

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About This Resource This Resource on ADD/ADHD presents comprehensive explanations of ADD/ADHD behavior, allowing professional and parents alike to have a good understanding of the nature of ADD/ADHD. In addition, the book details treatment options, covering many effective means of helping children with ADD/ADHD while documenting those procedures that are questionable. Teachers, parents, and counselors are seen as working together, and the book provides plans and strategies for doing so. As noted in my previous book, *Power Parenting for Children with ADD/ADHD* (1996), when individuals have a good understanding of the nature of ADD/ADHD, along with knowledge about the most effective techniques to deal with it, they feel a sense of empowerment. When there is increased confidence in dealing with difficult ADD/ADHD behaviors, and where there is consistent use of the most effective techniques, then opportunities for academic, personal, and other successes can be achieved for all individuals.

#### WHAT DOES THIS RESOURCE OFFER?

ADD/ADHD Behavior-Change Resource Kit first presents general information on the behaviors involved in the ADD/ADHD pattern, along with recent information on their biological bases. Behavioral descriptions, together with information from parents, teachers and the child, in the form of psychological data, are integrated to form diagnostic impressions of ADD/ADHD along with its many co-morbid disorders and mimic syndromes. Typically, a medication approach is used, especially with more severe forms of ADD/ADHD, and information is provided in various forms to educate parents, teachers, and counselors about the variety of medications available. It is well known, however, that the best outcomes are obtained when a medication regime is combined with some form of behavioral intervention and other strategies. Many children with ADD/ADHD lack various skills, and it is clear that "pills don't teach skills." Consequently, this resource presents a host of exercises and strategies, utilizing some of the most recently developed technology to help the child with ADD/ADHD. For the most part, these techniques and strategies involve behavioral procedures, but many incorporate the use of commonly known sports games and recreational outlets, as well as some procedures that have been specifically developed for use with ADD/ADHD children.

ADD/ADHD Behavior-Change Resource Kit addresses common problems such as homework and social peer problems often encountered by children with ADD/ADHD. There are provisions for teachers, parents, and counselors to work individually with these children, and more important-strategic plans for cooperation in monitoring and managing the child's behavior in combined home and school programs. The ultimate cooperation may result from integrative home, school, and clinic programs, where all parties involved are working to help the child. In general, the greater the combined effort, the more rapidly a child may show improvement and the faster she or he will acquire learned adaptive skills that will assist her or him in adjusting to the problems and difficulties manifested by attention deficit disorders.

Since ADD/ADHD behavior is often a greater problem in school situations, a comprehensive approach to accommodation strategies, adaptive techniques, and inclusion procedures is emphasized. This chapter covers general behavioral approaches as well as specific interventions geared toward managing problems that are mostly unique to the ADD/ADHD child.

Emotional problems are often associated with the pattern of ADD/ADHD behavior and contribute to a poor self-concept and low self-esteem. These problems are also addressed in some detail.

Last, there is some focus on the stress that is often associated with the management of ADD/ADHD behavior. Experienced by teachers and parents, such stress reactions may be quite significant and debilitating. Thus this resource offers techniques to deal with that stress and to survive the critical periods of preschool, school-age, adolescent, and adult ADD/ADHD behaviors.

What the ADD/ADHD Behavior-Change Resource Kit offers readers: \* useful comprehensive information about the neurobiological nature of ADD/ADHD \* detailed reference materials on diagnosis and treatment, including medications and alternative behaviorally oriented programs presentation and analysis of many real-life examples of behavior problems \* specific exercises and activities to enhance knowledge of behavioral procedures to use with ADD/ADHD intervention strategies that address specific problematic behaviors for teachers and parents \* techniques to assist teachers and parents in becoming more effective and in maintaining their effectiveness in dealing with ADD/ADHD behaviors

## **Users Review**

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### **Harold Dalton:**

What is your hobby? Have you heard which question when you got college students? We believe that that issue was given by teacher with their students. Many kinds of hobby, Every person has different hobby. And you also know that little person just like reading or as looking at become their hobby. You have to know that reading is very important and book as to be the thing. Book is important thing to provide you knowledge, except your own personal teacher or lecturer. You see good news or update about something by book. Different categories of books that can you decide to try be your object. One of them is actually ADD / ADHD Behavior-Change Resource Kit: Ready-to-Use Strategies and Activities for Helping Children with Attention Deficit Disorder.

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