



Calm your hyperactive child (52 Brilliant Ideas)

Dr Sabina Dosani

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Attention Deficit Hyperactivity Disorder (ADHD) is the most commonly diagnosed childhood psychiatric condition. It is generally agreed that 2–5% of the school age population is affected by ADHD, a condition characterized by excessive hyperactivity, inattention and impulsivity. Children with ADHD, and their parents, have it tough. ADHD is not curable but it is manageable. Behavioural techniques can work wonders to alleviate symptoms and enable children with ADHD and their families to have happy, fulfilling and productive lives. *Calm your hyperactive child* gives parents the low-down on how they can help their ADHD child be a calmer, happier person. Learn how to spot the warning signs and prevent hyper breakouts before they start, discover the foods that can help your child stay calm, find out how to use cause, effect and consequences to your advantage, and learn how to change your own behaviour patterns to help change your child's. With the help of *Calm your hyperactive child* you can turn your hyper tearaway into the calm, happy and loving child you know them to truly be.

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