

Overcoming ADHD Without Medication: A Guidebook for Parents and Teachers released in English and Spanish

Overcoming ADHD Without Medication: A Guidebook for Parents and Teachers is now available in English and Spanish

May 10, 2013 (FPRC) -- There is much that can be done to overcome symptoms of childhood ADHD. Parents can consider any one of a number of positive lifestyle changes to address ADHD symptoms in their children. Developing coping strategies also can work to diminish the intensity of symptoms of ADHD.

Something as simple as taking all electronics out of the child or teen's bedroom can result in a better night's sleep for the child, and may reduce the child's symptoms during the day. Green therapy, providing outdoor playtime for the child in the park or other pleasant atmosphere helps many children. Teens might benefit from an hour or two at the gym on a regular basis. Children with ADHD often benefit from a lifestyle with more structure, a set time for eating and sleeping, a regular routine.

There is much that parents can do to help their child overcome symptoms of ADHD. For many children this can result in a reduction of symptoms to the point that medication is not necessary.

For a fuller discussion of this topic please see the book, *Overcoming ADHD Without Medication: A Guidebook for Parents and Teachers*. This announcement is to inform the reader that *Overcoming ADHD Without Medication* is now available in English and Spanish.

As one reviewer put it, *Overcoming ADHD Without Medication: A Guidebook for Parents and Teachers* has "sensible, reasonable, and effective information on good parenting and healthy living habits for children. And in today's fast paced, over materialistic, and family jeopardized society, it's pages are filled with tips, guidelines, options, and resources that could be of priceless worth to parents and educators."

ADHD books from NorthEast Books and Publishing are distributed by Cardinal Publishers Group, Indianapolis, IN. The ADHD book *Overcoming ADHD Without Medication: A Guidebook for Parents and Teachers* is available in English and Spanish in paperback and eBook.

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