



The Good News About A.D.D. www.empowermentplus.org

Is ADHD affecting your family life?

If you have a child who has *A.D.D. or ADHD* and/or issues with *self-control* and you are *tired* of the screaming and chasing, and you are ready to try something which is a little more *positive* ...

Just take a peek inside...

- The “nuts and bolts” overview of the Riding the Wave method are in Chapter 4
- Follow the step-by-step directions in Chapter 5
- Enjoy the personal stories, case examples, and material in the rest of the book

And enjoy a more positive relationship with your child.

“If you feel like you are stuck in a hurricane, this gives you a place to begin.”
Joanne Good, Calgary Herald, Parent Education Writer

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RIDING THE WAVE

Dr. Teeya Scholten

RIDING THE WAVE

A Handbook for Parenting the Child with A.D.D.



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Registered Psychologist

Part of The “Good News About A.D.D.” Series