



Raising Girls with ADHD: Secrets for Parenting Healthy, Happy Daughters

James W. Forgan Ph.D., Mary Anne Richey M.S.Ed.

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Although an increasing number of girls are diagnosed with ADHD every year, most of the focus of parent and teacher interventions has been on boys, leaving girls with ADHD frustrated and prone to acting out. Written by two professionals who have "been there and done that" with their own children with ADHD, *Raising Girls with ADHD* provides 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. These girls' struggles with socialization and peer acceptance, executive functioning skills like memory and organization, and emotional well-being and self-confidence are discussed with a goal of maximizing strengths and providing supports for weaknesses. Complete self-reflection surveys and action steps for parents and girls alike are included to create a dynamic action plan for your daughter's success in school and beyond.

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