



What to Expect When Parenting Children with ADHD: A 9-step plan to master the struggles and triumphs of parenting a child with ADHD

Penny Williams

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2015 International Book Awards Winner, Psychology & Mental Health

There are guidebooks to set expectations for pregnancy and caring for baby, but not one step-by-step guide for the challenge of learning to raise a child with ADHD... **until now.**

What to Expect When You're Not Expecting ADHD offers a 9-step **plan** to tame the chaos and turn the struggles into **triumphs**. Use this guide and the **25+ worksheets included** to learn about your child's behaviors, triggers, strengths, and weaknesses, to improve life for your child with ADHD, and your entire family.

Don't be fooled though -- this is **not your typical book on ADHD**. Williams keeps it real, providing authentic, down in the trenches, trial-by-fire advice from a momma who has lived it. Whether your child's diagnosis is new or you've been struggling for years, *What to Expect* is **your instruction manual** for effectively parenting your child with ADHD.

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