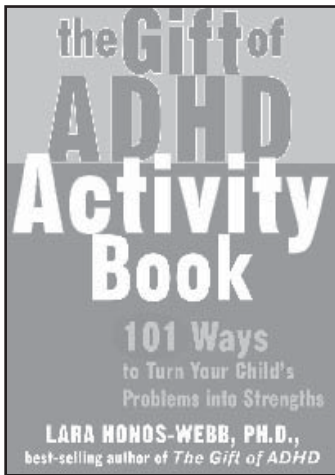


From nationally recognized attention deficit disorder expert Lara Honos-Webb, Ph.D., comes a follow up to  
*The Gift of ADHD*



**It's all about how you look at things.**

Lara Honos-Webb proved that in 2005 with *The Gift of ADHD*, which challenged the notion that children with attention deficit disorder have a "problem" that needs to be fixed. Instead, Honos-Webb pointed out that children with ADD/ADHD tend to be exceptionally creative, intuitive, and imaginative. The problem, she argued, was that our medical and educational systems allow ADHD traits like short attention span and inability to memorize facts and figures to become the defining features of the condition rather than other positive traits. Frustrated parents often follow suit, leaving their children with no one to fight for their best interests.

While the first book focused on providing a new perspective on ADHD that destigmatized it for parents and guiding them in recognizing and maximizing their child's unique gifts, in *The Gift of ADHD Activity Book* Honos-Webb has created 101 simple and engaging activities parents can use to develop their child's unique strengths.

**Being your child's biggest advocate can make all the difference in their success**

*The Gift of ADHD Activity Book* provides parents with ideas and exercises to:

- **Learn Coaching Skills.** Parents will learn how to use patience and persistence when dealing with their child. As Honos-Webb states, "Coaches don't punish the person in training for not executing techniques correctly. A coach understands that repetition of feedback is necessary to take the trainee to the next level."
- **Cultivating Your Child's Emotional Intelligence.** "In addition to offering a greater sense of direction, emotional intelligence will transform bad behavior and many ADHD symptoms into strengths for your child."
- **Seeing the World Through Your Child's Eyes.** "This shift doesn't mean you stop using discipline or quit helping your child build skills to follow directions. It means that you balance your need to enforce your authority with honoring your child's idiosyncratic way of experiencing the world."
- **Stand Up For Your Child's Strengths.** Honos-Webb cites a recent study that demonstrates how fundamental it can be for a child's well-being for parents to take an active role in translating their child's behavior as strengths. The study showed that children with ADHD diagnoses and typical behaviors often become stigmatized, with those around them preferring to keep their distance (Martin et al. 2007). The study, Honos-Webb says, shows "how a lack of intervention can result in a vicious cycle developing. Your child's behavior can lead to stigma, which leads to social isolation, which leads to increased symptoms."

**FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:  
Earlita Chenault, 510-652-0215, ext. 6142, [earlita@newharbinger.com](mailto:earlita@newharbinger.com)**

The Gift of ADHD Activity Book: 101 Ways to Turn Your Child's Problems Into Strengths  
by Lara Honos-Webb, Ph.D., ISBN-10: 1-57224-515-8, ISBN-13: 978-1-57224-515-0  
\$12.95, 5 x 7, 152 pages, Published in January 2008  
New Harbinger Publications, 800-748-6273, [www.newharbinger.com](http://www.newharbinger.com)

## About Lara Honos-Webb



**Lara Honos-Webb, Ph.D.**, is a clinical psychologist licensed in California. She is author of *The Gift of ADHD* and *Listening to Depression*, which was selected by Health Magazine as one of the best therapy books of 2006. She is also author of the forthcoming *Gift of Adult ADD*. Her work has been featured in *Newsweek*, the *Wall Street Journal*, the *Chicago Tribune*, and *Publisher's Weekly* as well as newspapers across the country and local and national radio and television.

Dr. Honos-Webb specializes in the treatment of ADHD and depression and the psychology of pregnancy and motherhood; she speaks regularly on her areas of expertise. She completed

a two-year postdoctoral research fellowship at University of California, San Francisco, and has been an assistant professor teaching graduate students. Honos-Webb has published more than twenty-five scholarly articles. Visit Lara Honos-Webb at [www.visionarysoul.com](http://www.visionarysoul.com).

## Suggested Interview Questions

- You say that parents can cultivate emotional intelligence – how?
- Why do you say parents should try to support their child's agenda – won't that just lead to bratty kids?
- What do you mean by *flexible thinking* and why is it important for ADD parents?
- Can you give us an example of an activity parents can do with their kids that would be helpful to ADD kids?
- Your book even has activities parents can do in the car. What activities can parents do in the car while they're driving?
- You say parents should emphasize connection over consequences. Can you explain that idea?
- You say that parents often feel relieved when you tell them about coaching their child. Why?
- Why do you tell parents not to waste their time teaching their kids to be "perfect"?
- What are some gifts of ADHD?
- Why is there such a stigma surrounding children with ADHD and what strategies do you suggest for a parent dealing with, for example, a frustrated teacher?
- Do you think your book is a reliable alternative to prescription drugs such as Adderall or Ritalin? Is a drug treatment always the best option for a child with ADHD?
- How is ADHD diagnosed? Do you think it is over-diagnosed in America?

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# Sample Activity from The Gift of ADHD Activity Book

## Social-Skills Bingo

Your child with ADHD may have a very difficult time listening to others and may often interact with them by blurting out what's on her mind without paying attention to what's going on in others. This game will help your child gain the emotional skill of being intensely curious about other people, an ability that can help transform social awkwardness and impulsiveness. For this activity, use the social-skills bingo card on the next page or download it from the website [www.visionarysoul.com/bingocards.html](http://www.visionarysoul.com/bingocards.html).

Give your child this card and tell her to think about asking other kids at school what their favorites are. Each time she asks another child about a favorite on the bingo card, she can tell you about it later at home, and you can cross off the square together. When the child gets a bingo (horizontal, vertical, or diagonal line crossed off), she wins a prize. This will encourage your child to begin thinking about what other people's interests are. The whole family can join in and play if that will make it more fun for your ADHD child.

(see bingo card on next page)

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