



Understanding Girls with Ad/HD

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A groundbreaking book for parents, health care professionals, and educators, this guide increases awareness of girls with AD/HD, targeting each developmental and educational stage--from toddler years through adolescence--describing typical behaviors, age-appropriate treatment interventions, and offering age-related checklists for each stage.

Understanding Girls with Ad/HD Details

Date : Published June 1st 1999 by Advantage Books

ISBN : 9780966036657

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Format : Paperback 293 pages

Genre : Nonfiction, Parenting, Self Help, Psychology, Neuroscience, Brain

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From Reader Review Understanding Girls with Ad/HD for online ebook

Skylar Burris says

I don't know that my daughter has ADHD; if she does, it's not severe and so I'm not seeking to have her labeled or to deal with it as anything but a personality challenge. She is certainly very physically active; she likes to flit constantly from one activity to another; she has trouble sitting still; she sometimes doesn't hear people talking to her because she's thinking of something else; she's talkative and tends to interrupt; but she's also a good student, able to accomplish what she sets her mind to, and always manages to get her homework done in a reasonable time frame (if in a distracted manner that drives me crazy). I thought this book might give me some tips on how to "handle" my frenetic daughter better and how to teach her to channel her energy and focus more. Unfortunately, it seemed more concerned with complaining that AD/HD is under diagnosed in girls (as compared to boys) and explaining why it is under diagnosed...so I abandoned it.

Julie says

Excellent information written by a most respected ADHD expert, and the first to emphasize ADHD differences and diagnoses in girls. Describes three types (hyperactive, inattentive, combined), what to look for at different ages, and comprehensive treatment options. One chapter emphasizes executive function skills. Written for parents, teachers, and practitioners and relying on brain science and ADHD research, this is not a light read but more of a book to refer to throughout the diagnosis and treatment process.

Nomad says

A life changing book for me that painted colors in my world

Nancy says

I underlined so much in this book. It explains so much to me: about my childhood, my daughters, and how to address their future years as teenagers and young adults. I especially love that it's broken down into different life stages and explains how a girl is affected by her ADD at each point in her development. This makes so much more sense than other books who just lump all the symptoms and characteristics together.

Mikaela says

Boken gav mig större förståelse för min adhd utifrån ett könsperspektiv som jag tycker är oerhört viktigt. Denna hjälpa mig verkligen att få in perspektivet "flickor" /kvinnor i min egen diagnos. Tidigare hade jag endast läst om diagnosen ur ett manligt perspektiv. Denna gav mig svar på varför det har varit som det har varit under min uppväxt och den ger även forskningsstöd i varför flickor hamnar utanför radarna och varför

flickor kan uppleva adhd på ett annat sätt än som bara hyperaktivt.

Stefanie says

a seminal book describing girls with ad/hd from birth to high school years. this is a must-read for women, parents, educators, and medical professionals. since most prior studies were based on young boys, the current diagnostic criterion (DSM-IV) is in desperate need of revision and girls are frequently undiagnosed. typically, girls symptomology falls under an inattentive / distracted subset as opposed to hyperactivity. Because of societal, gender-related expectations, our daydreaming girls appear to have no major difficulties. Comorbidity abounds with this neurobiological condition, so many girls may be diagnosed with learning disabilities, personality or mood disorders; ad/hd as the root cause is often not addressed. very intelligent girls may overcompensate with studies and hyperfocus to earn high school marks, so are rarely diagnosed. AD/HD symptoms for girls are more pronounced with the onset of puberty. those with AD/HD benefit from routine and structure. With the increase in research based on gender differences, girls can hope for earlier diagnosis as opposed to reaching womanhood and realizing differences in motivation, time-management, underachievement, and creation of low self-esteem.

Laura says

A great resource.

Hilary Roberts says

Oh my goodness, I love this book! The big take-away is that the symptoms that we associate with ADHD are the symptoms boys with ADHD have, but girls with ADHD often act differently. While reading the book and the information in it about the symptoms girls often have, I thought of two different kids who may very well have ADHD that I previously hadn't considered. Who knew that shy kids could have ADHD? Or that kids who are really good in school could have ADHD? The author provided great ideas for treatment options. I was surprised (although I shouldn't have been) when the book perfectly described one of my children, and it served to remind me that we really are dealing with a disorder and not just a child who likes to be oppositional. The one negative for me is that we are already doing almost everything it suggests and feel like we still have a long ways to go. I definitely suggest reading this book if you have daughters who are struggling in any areas of their lives.

Lindsay Munroe says

This is a very readable and comprehensive book, focusing on recognizing and handling ADHD in girls. I would recommend it highly for parents of girls with ADHD and all teachers.

Amy Brown says

This is a comprehensive overview of the issues that face girls with AD/HD, and the importance of addressing them as early as possible. The authors discuss how to recognize AD/HD in girls (for example, the "H" doesn't look like stereotypical hyperactivity), the unique risks of AD/HD in developing girls, and how to address the condition.

I, particularly, found the sections on socialization helpful: my daughter has ADD, and for the most part I have always understood her behaviour quite well, even before the diagnosis. But I never understood why she didn't have close friends, and why playdates always ended badly. The descriptions of failed social interactions in the book helped.

Lots of interesting food for thought in here, which is new to me but probably not to someone who has been grappling with the topic for a while. ADD is particularly difficult in girls because it exaggerates behaviours which are considered masculine: risk-taking, aggression, physicality. The multiple demands of femininity — being tidy, pretty, together, contained, considerate of others — are difficult enough for neurotypical women but really play to the weaknesses of girls with ADD. I feel like I have a lot more reading and thinking to do on this topic, and that my understanding of feminism will be the stronger for it.

I diverge from the authors on two points: First, I'm not yet convinced that ADD is a disorder; I think it's quite possibly a normal neurological variation that is evolutionarily advantageous at the group and possibly individual level. I haven't done a lot of reading on that, yet, though. Second, the authors recommend "behaviour modification" — punishment and rewards — to alter a child's behaviour. My new understanding of ADD hasn't affected my belief that positive, democratic parenting is the way to go — my child is not a rat in a Skinner box, no matter how many disorders she has.

The book is clearly written and easy to read (although the copyediting often leaves something to be desired, and there is no index).

Kyle Wendy Skultety (gimmethatbook.com) says

This review originally appeared on my blog at www.gimmethatbook.com.

Many thanks to the author for gifting this book to me. We were introduced by Gina Pera, eminent ADHD advocate and educator. I was sure this book would provide useful information, and I was not disappointed.

Nearly all the books I've read about ADHD skew heavily towards males. Everyone is familiar with the stereotype of the energetic little boy, jumping out of his seat in school, and throwing tantrums in the restaurant. However, girls can have ADHD too, and the signs may not be as obvious. This book aims to educate parents and teachers about girls with ADHD and what signs to look for.

Nadeau's tone is just right. There is no endless scientific posturing, no glib New Agey solutions; just honest talk and positive thinking. She also discusses the different way girls are affected by ADHD. For example: the hormonal changes of puberty, famous for wreaking havoc on the most stable female's world, may cause ADHD symptoms to be seen for the first time. This is important because "these girls do not meet the DSM-5

requirement that evidence of ADHD problems must exist prior to 12 years of age in order to receive and ADHD diagnosis”.

Using case studies and real life examples, Nadeau provides short vignettes of life with an ADHD girl. These serve well to illustrate the point being discussed and parents will be able to see that Carly is not just being a typical teenager, she may have undiagnosed ADHD and need help.

Each chapter builds upon the last one, starting from grammar school all the way up to college. The chapters are further broken down into easy to grasp sections, with titles like “What Teachers See” and “Gender Role Expectations”. A typical tomboy may be a girl struggling with hyperactivity or impulsivity, and the girl everyone knows as a sweet, quiet dreamer may have inattentive ADHD and need help with focusing on her schoolwork. Girls are also at risk for developing secondary issues such as anxiety, eating disorders, and substance abuse. Nadeau offers advice on managing co-morbid syndromes along with the ADHD, using a complete therapy approach—utilizing family and school together. She speaks to the parents, saying not to despair, but to provide an organized environment that will work for a girl’s psyche—don’t just adapt a treatment plan constructed for the male brain. One of her tenets is that ADHD treatment should address quality of life, not just aiming to reduce ADHD symptoms. The two don’t necessarily go hand in hand.

Societal pressure on girls to “have it all” affect them deeply. The quiet, dreamy girls may need help asserting themselves, while the outspoken ones with seemingly no filter will have to be taught how not to alienate their peers. Nadeau is wise to address the minefield that the school years bring to females, who generally have a harder time as they proceed through puberty. She truly is a champion for those that need it the most.

Women have either been getting shortchanged by being told that “girls don’t get ADHD” or forced to fit the description of the male ADHD pattern. Nadeau has done a great service by realizing that girls are different (Mars vs Venus, anyone?) and thus their ADHD will manifest differently as well. The more educated parents are about this quirk of neurobiology, the better off they, and their daughters, will be.

Whitney says

Opened my eyes and provided so many details on what my girl has been dealing with. Provided me with a little comfort to know that I wasn't alone.

Mandi Ehman says

I'm not sure I've ever marked up, underlined and bookmarked a book as much as I have this one; it almost felt like I was reading that long-awaited manual that didn't arrive with any of our children at birth! I already feel like I've gained new understanding into our daughter's thinking and how our reactions as parents are exacerbating the issues we're seeing. Anxious to discuss it with our ped and get a referral to someone who specializes in ADHD, not just for an official diagnosis but so that we can all begin to learn better coping mechanisms and prepare her for success!

Leslie Lindsay says

I'd like to think that I am somewhat knowledgeable--maybe even a quasi-expert--at girls with AD/HD. After all, I am a mother of such a daughter (now 10 years old) and in my "previous life," worked in child and adolescent psychiatry where I saw, first-hand, many of the manifestations of AD/HD. Never before, though had I come across a book outlining with such sympathy--not to mention, honesty--the ins and outs of raising a daughter with such a condition.

Nadeau, Quinn, and Littman, *true* experts in their field, shed valuable and insightful light on a condition once reserved strictly to boys--and even though we knew on some level that girls also suffered from the ill effects of hyperactivity, distractibility, and inattention characteristic of AD/HD, this edition brings forth a whole new set of data. We we know now that girls do in fact suffer from this disorder, we didn't always have a name for it. In the past, girls were considered "tomboys," or "dreamers." We've known for some time--this isn't exactly news.

What I liked about UNDERSTANDING GIRLS WITH AD/HD: HOW THEY FEEL & WHY THEY DO WHAT THEY Do is the blending of research in a family-focused manner, making it accessible to just about anyone who wants to make life with their AD/HD girl better. Plus, the information on coexisting conditions (mood disorders, executive functioning, eating disorders, and other at-risk behavior) is gold.

The book is structured in such a way that you could read portions based on how you want to use the information. For a parent just starting on the AD/HD journey, it's a great intro. You can stop there, or continue reading for "curves up ahead." The preschool years, elementary, all the way through high school and entering young adulthood are covered, along with tips, check-lists, and screening tools. This is definitely a guide to hang on to and refer as your daughter grows, and may well be highly valued among pediatricians, RNs, and psychologists--it's just that good.

UNDERSTANDING GIRLS WITH AD/HD is a practical, solution-focused advice that will stay with you for years.

See all of my reviews and author interviews at www.leslielindsay.com and www.speakingofapraxia.com

Macie McKittrick says

All around enlightening guide to a condition I was recently diagnosed with. Knowledge is power, especially when you may have to learn to advocate for yourself until ongoing research renders ADHD in women mainstream (and not subject to uninformed skepticism.)

Secondary to that, it's also a fascinating exploration of how sexism intersects with research practice and medical care.

This is the first book published dealing with ADHD in women only.

It was published in 1999. (about 30 years after scientists began studying ADHD in boys)
