

AD/HD Success! Solutions for Boosting Self-Esteem: The Diary Method for Ages 7-17

Kerin Bellak-Adams
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Reviewed by Paige Lovitt for Reader Views (01/10)

The author, Kerine Bellak-Adams has a vast range of experience in working with children who have AD/HD. This includes being a one-on-one teacher of children with this disorder. Children with AD/HD tend to have to deal with a variety of issues that can affect their self-esteem. Having worked with this population, she discovered the importance of making sure that their self-esteem issues were addressed so that they would be able to develop into strong, confident adults. In doing so, they will be “less self-conscious and more secure and courageous.”

“AD/HD Success!” begins with a Home/School Daily Accountability Sheet to be filled out, by the teacher, for the parent about their child’s progress in the classroom. This gives the parent an idea of what behaviors need to be addressed while at home. This also assists the parents and the teachers with being consistent in dealing the child’s behaviors. This includes using positive reinforcement.

Section Two contains the diary pages for the child to complete. It is broken up into age-appropriate sections, so that the child can focus on goals that are realistic for their level of development. It encourages them to be self aware of their feelings and behaviors. Using this format also allows the child to focus on positive aspects of him or herself.

Section Three is for the parents. It contains a parental self-evaluation tool which is meant to be copied so that parents can re-use it to check on their own progress of their parenting skills. As I read through this, it occurred to me that it would also be useful for children of divorced parents, because the parents could use this tool to communicate to each other about their child. In doing so, this would enable them to be more consistent with the goals for their child. The fourth section tells about special children who have had success using this program.

“AD/HD Success!” allows greater communication between the parent and the child. Using this method would provide great relief to both of them because it allows them to have some structure in dealing with this disorder. It also promotes teamwork between the parent, child, teacher and school counselor.

As a college counselor for adults with disabilities, I have worked with so many young adults that I can see really would have benefited from using this book during their childhood. I cannot imagine a greater gift than giving “AD/HD Success!” by Kerin Bellak-Adams to someone who either lives or works with children with this disorder. Having a positive tool to help mold a child into a greater person because they will have a stronger self-esteem and be more self-aware is truly a wonderful thing.