

Lifesavers

STRESS FREE AD/HD

Reviewed by Carol Brady, Ph.D.

Too much information?

Ever feel like you have to wade through an ocean of information just to get the help you need with your child's AD/HD? There are over 600 titles on Attention Deficit Disorder available at Barnes and Noble alone, and Yahoo lists over 600,000 websites on the subject.

HMI Center, the makers of Stress Free AD/HD, hopes to simplify the experience for you.

Behavioral Therapy in a Box

Think of Stress Free AD/HD as a one-stop behavioral management kit for parents of AD/HD children. Inside my tidy little box I found all sorts of interesting tools: a video, charts, workbooks, forms, calendars, a timer, flash cards and the program's core set of eight instructional audio cassettes/CDs.

Drawing from American Academy of Pediatrics guidelines and a variety of reputable sources, the developers have compiled many techniques, tactics, and tools into one comprehensive program. Ultimately, the kit helps families identify a management system that works for them.

Audiovisual Aids for Parents and Teachers

I watched the introductory video first, which did a good job of outlining all the different topics covered on the eight core cassettes. If you're a parent or teacher with specific needs you'll have no trouble jumping ahead to problem areas.

Next, I reviewed the cassettes. They proved to be informational and convenient, allowing me to listen to the over 5 hours of audio commentary while I was in the car or jogging.

Managing AD/HD Step-by-Step

The program follows a progression of steps that allows the user to build coping skills and a strong foundation of AD/HD information. I recommend following the step-by-step program at a steady pace.

Additional materials including charts, calendars, a stopwatch and special behavior flash cards allow you to move into the application phase of the program. You'll find the tools help you quickly implement your new knowledge and put some management strategies into motion.



The Stress Free AD/HD Kit:
Helps families identify a management system that works for them.

Once the program is started, parents can check their child's progress by using the enclosed self-tests, revisiting parts of the program to reinforce key concepts when necessary. If you need more help, the package includes a toll free number to continue support and answer questions.

Choosing the Best Approach for Your Child

Parents might find some parts of the program to be less helpful than others. For example, the section on diet intervention might not appeal to many people. However the developers strive to present all the information objectively, allowing the parent to pick and choose the techniques they feel would be the most helpful.

Some people might find the \$279 price tag a bit prohibitive, but it does come with a 30-day free trial, and if it's not right for your family you can always send it back.

Overall, I recommend this program to everyone out there who needs help wading through, learning and applying successful behavioral management strategies to help their AD/HD kids. n

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