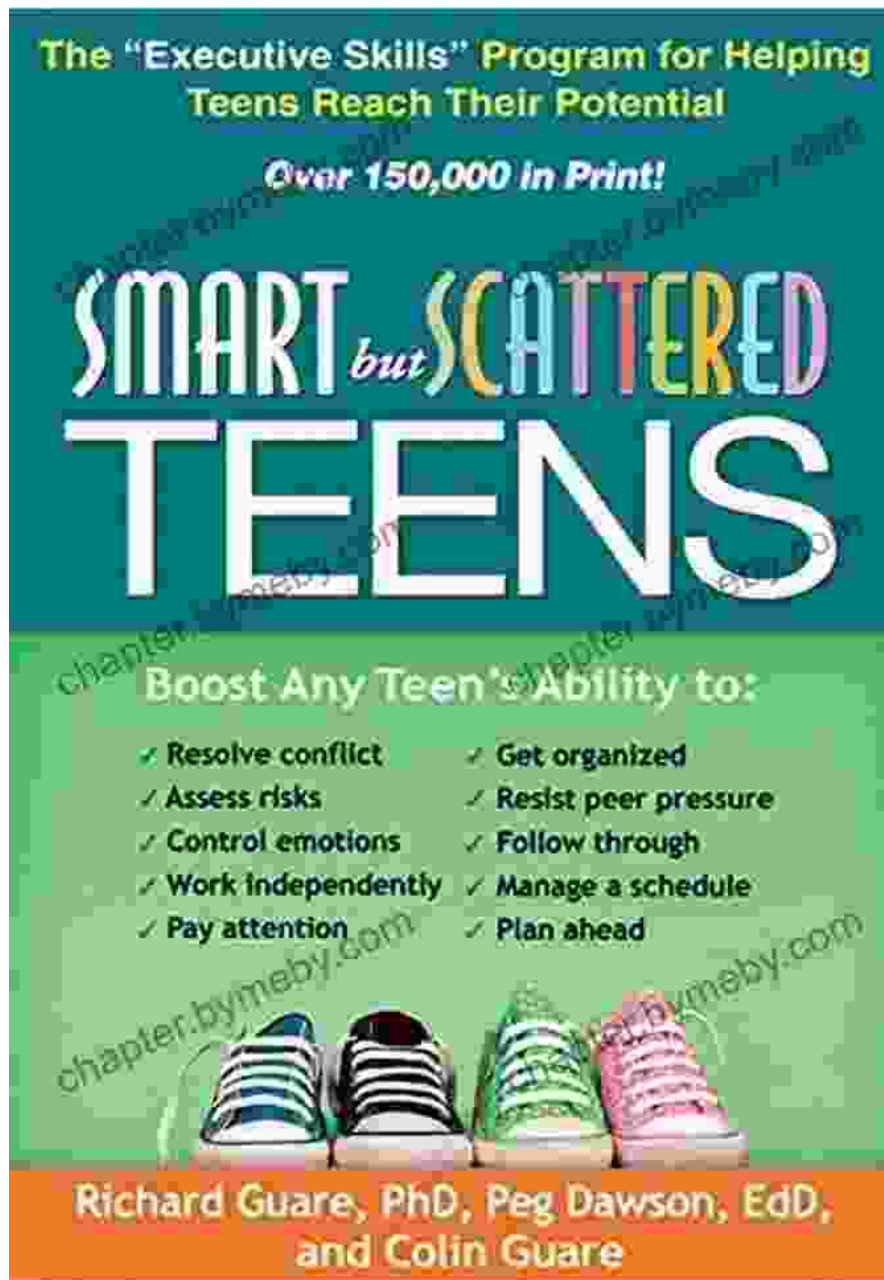
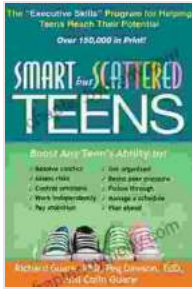


# Smart But Scattered Teens: The "Me" Generation

By Peg Dawson and Richard Guare



Smart but Scattered Teens: The "Executive Skills"  
Program for Helping Teens Reach Their Potential



by Richard Guare

★★★★☆ 4.6 out of 5

Language : English  
File size : 5833 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 481 pages



**Smart But Scattered Teens** is a book that helps parents understand and support their teens with ADHD and other learning differences. The book provides practical tips and strategies for helping teens develop their executive function skills, manage their time, and stay organized. It also offers advice on how to navigate the challenges of adolescence, such as peer pressure, social media, and the need for independence.

The book is written by Peg Dawson and Richard Guare, two experts in the field of ADHD and learning differences. Dawson is a clinical psychologist and author of several books on ADHD, while Guare is a psychiatrist and professor of psychiatry at the University of Massachusetts Medical School.

**Smart But Scattered Teens** is a valuable resource for parents of teens with ADHD and other learning differences. The book provides practical advice and support that can help parents understand their teens' challenges and help them succeed in school and in life.

**What is ADHD?**

ADHD is a neurodevelopmental disorder that affects attention, impulsivity, and hyperactivity. Symptoms of ADHD can include:

- Difficulty paying attention
- Impulsivity
- Hyperactivity
- Disorganization
- Procrastination
- Forgetfulness
- Mood swings
- Difficulty following instructions
- Difficulty completing tasks
- Difficulty controlling emotions

ADHD can affect people of all ages, but it is most commonly diagnosed in children and adolescents. ADHD can be a challenging disorder, but with the right treatment and support, people with ADHD can learn to manage their symptoms and succeed in school and in life.

### **How can I help my teen with ADHD?**

There are many things that parents can do to help their teens with ADHD. Some helpful tips include:

- **Learn about ADHD.** The more you know about ADHD, the better you will be able to understand your teen's challenges and help them

succeed.

- **Be patient and understanding.** ADHD can be a frustrating disorder, but it is important to remember that your teen is not trying to be difficult. They are simply struggling with symptoms that they cannot control.
- **Create a supportive environment.** Your teen needs to know that you love and support them. Create a home environment that is free of chaos and distractions.
- **Set clear expectations.** Your teen needs to know what you expect of them. Set clear rules and expectations and be consistent with your discipline.
- **Help your teen develop coping skills.** There are many coping skills that can help teens with ADHD manage their symptoms. Some helpful coping skills include:
  - Organization skills
  - Time management skills
  - Study skills
  - Social skills
  - Emotional regulation skills
- **Get professional help.** If you are struggling to help your teen with ADHD, don't be afraid to seek professional help. A therapist or counselor can help your teen develop coping skills and manage their symptoms.

## The "Me" Generation

The "Me" Generation is a term that is often used to describe the generation of people who were born between 1980 and 2000. This generation is known for its focus on individualism, self-expression, and personal fulfillment. The "Me" Generation is also known for its high levels of anxiety and depression. Some experts believe that these high levels of anxiety and depression are due to the fact that the "Me" Generation is the first generation to grow up in a world that is constantly connected and constantly changing.

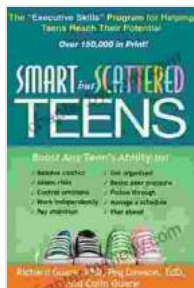
The "Me" Generation is also the first generation to grow up with ADHD. ADHD is a neurodevelopmental disorder that affects attention, impulsivity, and hyperactivity. Symptoms of ADHD can include difficulty paying attention, impulsivity, hyperactivity, disorganization, procrastination, forgetfulness, mood swings, difficulty following instructions, difficulty completing tasks, and difficulty controlling emotions.

ADHD can be a challenging disorder, but with the right treatment and support, people with ADHD can learn to manage their symptoms and succeed in school and in life. If you are the parent of a teen with ADHD, it is important to learn about the disorder and to get professional help if needed.

**Smart But Scattered Teens** is a valuable resource for parents of teens with ADHD and other learning differences. The book provides practical advice and support that can help parents understand their teens' challenges and help them succeed in school and in life.

If you are the parent of a teen with ADHD, I encourage you to read **Smart But Scattered Teens**. The book can help you understand your teen's

challenges and provide you with the tools you need to help them succeed.

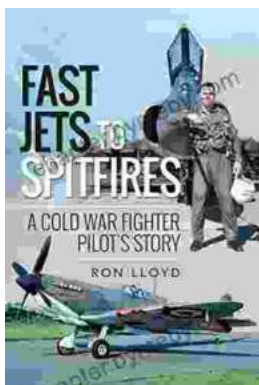


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