



# Fire Child, Water Child: How Understanding the Five Types of ADHD Can Help You Improve Your Child's Self-Esteem and Attention

*Stephen Cowan*

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**Fire Child, Water Child** is a revolutionary guide to parenting a child with attention-deficit hyperactivity disorder (ADHD) that does not rely on medication or pathologizing your child's challenges. This method, created by pediatrician and ADHD specialist Stephen Scott Cowan, helps you identify your child's unique focusing style—wood, fire, earth, metal, or water—and calm the stress that can contribute to your child's ADHD symptoms.

What is your child's ADHD style?

- The Wood Child is an adventurous explorer who is always on the move but gets frustrated easily
- The Fire Child is outgoing, funny, and can be prone to mood swings and impulsive actions
- The Earth Child is cooperative, peacemaking, but can feel worried or indecisive when stressed
- The Metal Child is comforted by routine, and finds it difficult to shift attention from task to task
- The Water Child is an imaginative dreamer, yet struggles to keep track of time

By using this personalized approach, you will help your child reduce impulsive behavior, regulate attention, and handle school and home routines with confidence.

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Typically the book Fire Child, Water Child: How Understanding the Five Types of ADHD Can Help You Improve Your Child's Self-Esteem and Attention has a lot details on it. So when you check out this book you can get a lot of advantage. The book was published by the very famous author. Mcdougal makes some research prior to write this book. This specific book very easy to read you can obtain the point easily after looking over this book.

#### **Ruby Harris:**

Fire Child, Water Child: How Understanding the Five Types of ADHD Can Help You Improve Your Child's Self-Esteem and Attention can be one of your beginning books that are good idea. All of us recommend that straight away because this book has good vocabulary that will increase your knowledge in vocabulary, easy to understand, bit entertaining but nevertheless delivering the information. The author giving his/her effort that will put every word into pleasure arrangement in writing Fire Child, Water Child: How Understanding the Five Types of ADHD Can Help You Improve Your Child's Self-Esteem and Attention but doesn't forget the main level, giving the reader the hottest and also based confirm resource data that maybe you can be certainly one of it. This great information may drawn you into fresh stage of crucial imagining.

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