

Review:

Vancáková Soňa,
*You drive me crazy! Parents and raising
children with ADHD*

Košice: Equilibria, 2018, 168 s. ISBN 978-80-8143-224-8.

The author of the scientific monography “*You drive me crazy! Parents and raising children with ADHD*“ is a mother of five children - a doctor of social work and pedagogy. She was motivated to write this book by personal experience with raising a child with ADHD. She is also the founder and director of the Beacon of Hope civil association, where she has been helping families in material and social need for 8 years. Many of these families have children with ADHD and she is always looking for new ways how to help them.

Soňa Vancáková wrote several scientific monographs focused on helping people in need: *Families in Need* (2014), *Church Activities Focused on Helping Families* (2015), *Family and State Aid ... Reality or Utopia?* (2015), *Mercy to the Suffering* (2016), *Suffering hurts, but it has a meaning* (2017). She also wrote two prayer novenas to St. Elizabeth: *The Novena to St. Elizabeth for the Poor* (2016), *The Novena to St. Elizabeth for People in Crisis* (2017).

The monograph is split into 4 chapters. The first chapter is focused on defining the ADHD. The author discusses the causes and incidence of ADHD, introduces manifestations of children with ADHD and presents options how to influence ADHD, especially therapeutic and medicament treatment.

The second chapter focuses on the family. The author defines raising styles of parents and intra-family relationships between siblings, she analyses the impact of stressing and praising children with ADHD. She also describes general raising guidelines for parents with children with ADHD.

The third chapter is methodological, where the author presents her research - research methods, research sample and data collection. The author uses qualitative methodology to meet her goals. She uses thorough semi-struct-

tured interview to collect data, she uses open coding to analyze the data and uses the technique of showing cards to interpret the data.

The fourth chapter represents research results. She presents the situations of parents with children with ADHD - how the parents experience the behavior of the children, the difficulty of raising these children, remorse from the environment where they exist and the effort to find a solution. Furthermore she presents the behavior of children with ADHD - learning difficulties and relationship difficulties. Furthermore she presents the change that occurred in parents as well as the behavior of the children after the treatment.

In the final part the author lists recommendations for practice. Based on her research, she came to the conclusion that it is necessary to strengthen the education of parents and teachers about the proper and effective education of children with ADHD. She recommends establishing self-help groups for parents, who have children with ADHD, so they could help each other through sharing of experience and support. The recommendations for the parents are focused on the ability to accept a child with negative behavior and the recommendation to not spare any praise. The last recommendation is focused on the cooperation of parents and professionals.

In addition to the Slovak scientific literature, the author used a lot of foreign literature to write the book, especially Polish, Russian and English. She tried to summarize all available publications, whereby she paid attention to make sure the resources used for this topic are up to date.

The monograph can be of tremendous benefit to the parents, who have children with ADHD, because it can help them understand the behavior of their children and change their educational practices. It can also be helpful to the siblings of children with ADHD to better understand their behavior and options, how to change the approach to them.

The monograph can also be of benefit to readers, who do not have personal experience with children with ADHD, because thanks to the research it offers a tremendous opportunity to experience the situation of parents, whose children have ADHD. It can also help in developing empathy and understand mothers, whose children misbehave in the street or in the shop and not condemn them that they are incapable to manage their children.

The monograph is applicable also to the scientific public - especially educators and students of pedagogy, because it presents a realistic view of the life of a family with a child suffering from ADHD. Last but not least, it is also beneficial to social workers, who often miss detailed knowledge of ADHD and currently they are encountering more and more of these fam-

ilies. Information can help direct the parents and their children in the right direction.

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