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8 Keys to Parenting Kids & Teens with ADHD:

Supporting Your Child's Executive Function

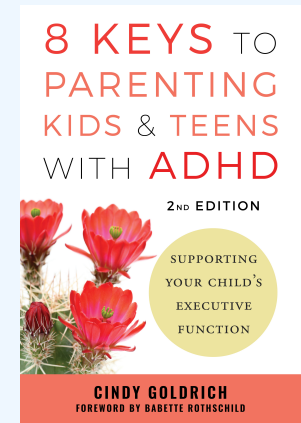
by Cindy Goldrich

Expanding upon her bestselling book, ADHD expert Cindy Goldrich offers compassionate, science-backed tools to help parents support their child's growth in patience, communication, emotional regulation, and independence.

This update emphasizes the crucial role of executive function, elaborates on important conversations parents should have with their children, and offers thoughts on helping children transition into post-high school life.

With approachable action items and prompts, caregivers are guided through eight key concepts including creating calm, strengthening connections, and navigating choices.

Here, parents will discover why traditional discipline often backfires, and learn how to foster the skills kids truly need to succeed—using empathy, collaboration, and practical solutions.



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Praise for the book

"This second edition is loaded with important concepts, useful strategies, and a ton of heart to help with the day-to-day of parenting a child with ADHD. Not only will it help you navigate the all-too-common landmines, but more importantly it will keep you focused on what matters most: maintaining a positive relationship with your child."

—**Ari Tuckman, PsyD, MBA**, author of *The ADHD Productivity Manual*

"Cindy Goldrich expands her mission of providing parents the proper tools for supporting their ADHD children. The important pillars of education, emotional regulation (for both the kids and the parents!), and respectful communication are solidly planted in the pages, paving a collaborative path for navigating the complexities of ADHD. The actionable strategies are clearly articulated. You will feel like she is in the room with you conversing in an authentic and empathic voice."

—**Roberto Olivardia, PhD**, clinical psychologist and lecturer, Department of Psychiatry, Harvard Medical School

"Cindy Goldrich's *8 Keys to Parenting Kids & Teens with ADHD* feels like having a trusted coach with you—someone who can guide you in raising a child with ADHD. This new edition blends compassion with practical tools you can start using immediately, providing hope, clarity, and strategies that work."

—**Tamara Rosier, PhD**, founder of the ADHD Center of West Michigan and author of *Your Brain's Not Broken* and *You, Me, and Our ADHD Family*

About the Author



Cindy Goldrich, EdM, ADHD-CCSP, is a certified ADHD coach, mental health counselor, and the founder of PTS Coaching. She works with parents, educators, and professionals nationwide, providing training and support to help children with ADHD and executive function challenges thrive.

8 Keys to Parenting Kids & Teens with ADHD • Cindy Goldrich • Publication Date: February 17, 2026

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