

CONTACT US!

Contact us today at feuerstein-institute.org/contact/ to learn more about how we can help you or your child manage ADHD with the Feuerstein Method.

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IS YOUR CHILD
STRUGGLING
WITH ADHD?

We'll support their
academic success
together through our
brain-based approach!



**THE
FEUERSTEIN
INSTITUTE**

REWIRE YOUR BRAIN AND ENHANCE FOCUS!

ADHD is a neurological condition marked by inattention, hyperactivity, and impulsivity, leading to cognitive deficits. It affects self-regulation and executive function, making academic, social, and emotional challenges more difficult. ADHD isn't caused by behavioral issues but requires targeted support.



HOW THE FEUERSTEIN METHOD SUPPORTS ADHD

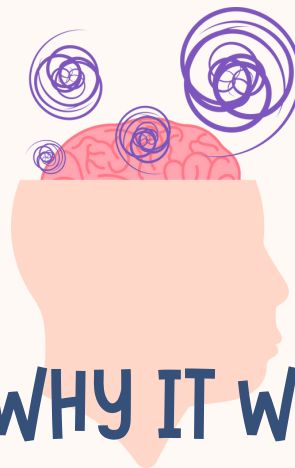
By breaking down tasks, using visual aids, and fostering resilience, the Feuerstein approach helps individuals overcome ADHD's challenges while building confidence and cognitive strength

A PROVEN APPROACH TO FOCUS

WHY CHOOSE FEUERSTEIN?

The Feuerstein Method improves **executive function** by strengthening:

- **Attention:** Learning how to focus even in distracting environments.
- **Self-regulation:** Controlling impulses and delaying gratification.
- **Planning and Organization:** Breaking down tasks and staying on track.



WHY IT WORKS

- ★ **Buys Time**
Asking for a moment allows you to pause and collect your thoughts.
- ★ **Redirects the Request:**
It shows respect for the request while keeping you focused on your current task.
- ★ **Creates Documentation:**
Emails provide a record, making it easier to track and address tasks later.

THE BENEFITS OF FEUERSTEIN FOR ADHD

- **Alternative to Medication:** For individuals who don't respond well to medication, Feuerstein offers an effective, structured way to enhance cognitive abilities.
- **Goal Achievement:** Through strategic interventions, learners develop better focus, problem-solving skills, and the ability to meet goals.
- **Personalized Approach:** Feuerstein tailors cognitive strategies to individual needs, ensuring support is targeted and effective.

BUILDING RESILIENCE AND LONG-TERM SUCCESS

Beyond academics, the Feuerstein Method fosters emotional resilience by encouraging a growth mindset. Children are taught to view mistakes as opportunities for growth, building self-confidence and independence. Over time, these strategies help individuals with ADHD develop lasting cognitive and emotional skills that improve both learning and life experiences

