

Lydia Herrera

Author, Mentor, Educator

Unleash Your Child's Success



LYDIA HERRERA
— SURVIVE • EMPOWER • THRIVE —



Media Kit

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Lydia Herrera



Lydia Herrera is the mother of two sons. She holds a BS degree in Secondary Education and an MS degree in School Administration. A former teacher, vice principal and principal at the Middle School and High School levels, Lydia greatly appreciated her administrative position as principal of a continuation/alternative high school where she worked closely with at risk students, many of them with learning disabilities and ADD or ADHD. Providing support to parents and caregivers of children with ADHD and learning disabilities has long been a passion and mission.

Lydia's second son was diagnosed with ADHD as a kindergartner. When he began experiencing major challenges in regular school, Lydia and her husband, Phil, decided that homeschooling was the best educational opportunity for him. Thus began the journey of not only parenting their ADHD son, but being his teacher as well, responsible for adhering to a curriculum for children with ADHD.

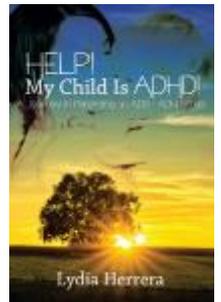
Lydia is a gifted mentor for parents of children with ADD, ADHD and learning disabilities. Her book – ***HELP! My Child is ADHD!*** – allows her to extend her knowledge, tips and story to parents of children living with ADHD everywhere; provides strategies for ADHD children in the classroom; offers homeschooling programs for kids with learning disabilities; and serves as a guidebook of coping tips for parents of children with ADHD.

Now a speaker at homeschooling conferences for parenting groups, Lydia also serves as a mentor for parents of children with ADD, ADHD and learning disabilities.

About *HELP! My Child is ADHD!*

With wit and gentleness, Lydia recounts her sensitive perceptions of the ups and downs, rewards and frustrations of life with her ADHD (Attention Deficit with Hyperactivity) child, Chris. The beginning quote sets the tone, "To have courage for whatever comes in life—everything lies in that."

As the mother of an adult ADHD son, Lydia Herrera has been in the trenches. She has experienced first-hand the frustrations, challenges, and self-doubts – as well as the joys – that many others are now experiencing as parents of an ADD or ADHD child. In this account of her experiences while raising her ADHD son, Lydia shares her mother's heart as she talks about her daily struggles in an interesting and engaging way. But she doesn't leave her readers there. In her story, Lydia offers helpful ideas and strategies to consider, with actionable steps, tips and implementable ideas for parents in similar situations.



What separates this book from others in this arena is Lydia has "walked the walk"; her message is genuine and trustworthy. Readers will laugh, cry, and learn a great deal as they read this book. They'll also find one of the most important tools in parenting: HOPE. As she often says when speaking with parents who desire to make a difference for their ADD/ADHD child, "Yes, there IS hope for your child's future. If I can do it, you can do it!"

What Others Are Saying

“Lydia writes this book out of love, and the desire to offer hope to anyone raising a child with Attention Deficit Hyperactive Disorder (ADHD). Lydia does a wonderful job in her book of describing the frustrations, struggles and joys of raising a child with ADHD ... As Lydia describes in her book, when raising a child with ADHD (or ADD), on good days you learn to cope. On bad days you simply try to muster the courage to face another day. It is hard, but can be so rewarding.”

--Jack Conrad, author & father of two ADHD children

“Lydia has stated some really profound truths that I, too, have experienced and ring a chord in me, such as, ‘As I look back, the very persistence that drove me crazy at times is drawing him toward his destiny.’ Likewise, her comments about acknowledging your strengths and letting go of weaknesses picked up from our parents are very helpful and encouraging. From the scrapbook Lydia gave Chris to the Mother's Day Card he gave to her, the book is full of memories and practical solutions on how to handle challenges and the ‘downward spiral’ that can happen when behavior and attitudes get out of hand. Thanks Lydia; well done!”

--Belinda Mooney, author and mother of four ADD and ADHD children

Recent Articles

[Is It Possible to Keep a Positive Attitude When Your Child Has ADD, ADHD, or Learning Disabilities?](#)

Keeping a positive attitude while coping as a parent of an ADHD child can be very difficult. Often, Lydia says, she would hear herself thinking, “I HATE when he ...” or “I can't stand this anymore! I want to tear my hair out – actually, I want to tear his hair out.” Her short article shows parents they aren't alone in these frustrations and gives them an outlet for their feelings, as well as hope for a positive attitude and success with their ADD – ADHD child.

[Do You Have an ADD Brain?](#)

ADHD is characterized, in part, by an inability to focus and stay on task. In our busy world, parents often display this same behavior, as they try to keep up with an increasing list of demands. In this frank and humorous discussion, Lydia explores her own style and “ADD brain.”

[7 Facts You Need To Know About ADHD](#)

Written for ADD Awareness Month (October), this short article highlights seven key facts and myths about ADHD.

Lydia Herrera lives in Albuquerque, New Mexico.

For additional information and to book Lydia for an interview, please email lydia@lydiaherrera.com or visit www.lydiaherrera.com

Recent Press Release

Lydia Herrera Releases Book on Amazon to Help Parents Deal With Challenges of Raising ADD/ADHD Children

Albuquerque, New Mexico – Lydia Herrera recently launched her new book *HELP! My Child is ADHD! A Journey in Parenting an ADD - ADHD Child* on Amazon.com. As the mother of a child with ADHD (Attention Deficit Hyperactivity Disorder) and learning disabilities, Herrera wrote her first-hand experiences of the trials, frustrations, challenges and self-doubt that parents face when handed the diagnosis of ADHD or ADD (Attention Deficit Disorder) and/or learning disabilities.

“I knew raising a child was a commitment, but I wasn't prepared for the frustration and helpless feelings that came with seeing my son Chris struggle with everyday tasks and routines. Now an adult, we've seen Chris thrive, and all of those struggles are a roadmap that I can share with other parents. Like any journey, there were detours along the way, but when we reached the destination, we were thrilled to see him succeed as an adult,” said Lydia Herrera, author, coach and speaker.

Now, through her book, coaching, and speaking engagements, Herrera shares her insights with parents & caregivers of children with ADHD, who are on that same path of navigating the difficulties that children with ADD or ADHD have, and learning to enjoy everyday activities as a family.

The National Institute of Mental Health defines ADD as a brain-based condition characterized by poor attention and distractibility. ADHD has those features in addition to hyperactivity and impulsive behavior. Herrera started to see these symptoms in her son Chris when he was in kindergarten.

“The definitions don't encompass everything that children with these conditions face every day. They make careless mistakes in schoolwork, have daydreams, don't seem to listen when spoken to directly, struggle to follow through on instructions and finish chores, dislike activities that require sustained mental effort, lose things, and are forgetful,” said Herrera. “It's enough to make a child feel helpless and is heartbreaking for parents to see their child struggling and hurting.”

Throughout the book, Herrera shares helpful strategies to get through the challenges and face the future with hope. In addition to the book, Herrera offers “Unleash Your Child's Success,” a seven session personal coaching program to parents to help them make subtle and effective changes that have proven successful for her family and many others who she has coached.

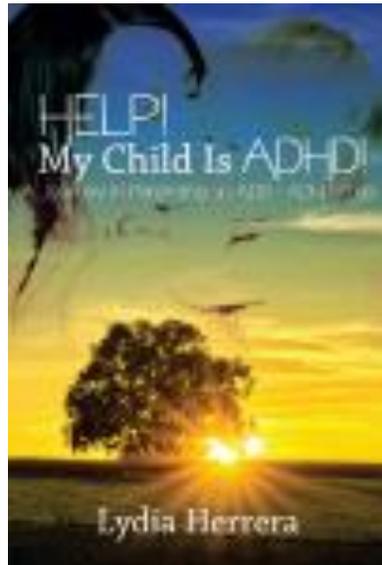
In addition to the personal coaching program, Herrera is in demand as a speaker at conferences, to contribute unique insights into parenting a child with ADD/ADHD. Herrera's blog also provides timely tips and advice for parents of ADD/ADHD children on topics such as preparing children to go back to school in the fall. The blog is available on her website: www.lydiaherrera.com.

The book, *HELP! My Child is ADHD! A Journey in Parenting an ADD – ADHD Child* is available in both print and kindle formats on www.amazon.com.

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Book Excerpt

Click cover image to access a 29-page excerpt of *HELP! My Child is ADHD!*



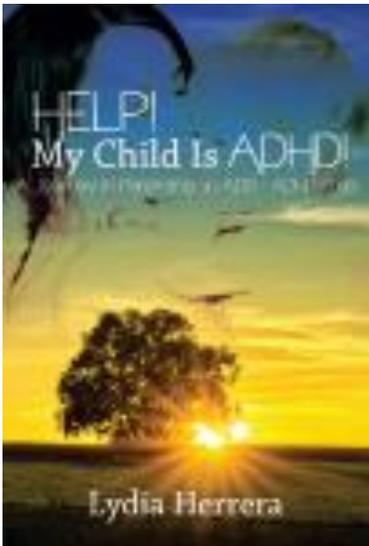
Lydia Herrera lives in Albuquerque, New Mexico.

For additional information and to book Lydia for an interview, please email lydia@lydiaherrera.com or visit www.lydiaherrera.com

Images



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Contact

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