

The Six Great Gripes of Kids with ADHD

1.

I don't like being labeled ADHD. Some people think it means I'm weird or not smart.

2.

It's really hard for me to focus at school. Even though I try to do well, I fall behind the other kids.

3.

I'm not organized. I lose assignments and forget about the things I'm supposed to do.

4.

It's hard for me to control my behavior. I get in trouble with my parents and teachers.

5.

I worry about the medicine I have to take for my ADHD. Will it hurt me?

6.

Other kids don't understand ADHD. It makes it hard for me to be their friend.

CHAPTER 1

What Is ADHD?



What Does ADHD Mean?

ADHD stands for **attention deficit hyperactivity disorder**. Kids are given the ADHD label when it's hard for them to stay still, pay attention, and make good decisions. If you've been labeled ADHD, you probably have trouble focusing on your work at school. It might also be hard for you to show good behavior because you want to talk or move around a

From *The Survival Guide for Kids with ADD or ADHD* by John F. Taylor, Ph.D., copyright © 2006. Free Spirit Publishing Inc., Minneapolis, MN; 866-703-7322; www.freespirit.com.

"Dr. Taylor's book plays an important role in helping youth with ADHD learn practical strategies for managing everyday life."

—Sam Goldstein, Ph.D., Editor, *Journal of Attention Disorders*, University of Utah School of Medicine

"Lots of straightforward advice for kids presented in a down-to-earth style. Illustrations and quizzes make the book very kid-friendly."

—Thomas W. Phelan, Ph.D., Author, *1-2-3 Magic: Effective Discipline for Children 2-12*

Written for kids to read themselves—so they can help themselves



The **Survival Guide** for Kids with **ADD** or **ADHD**

Do you have a hard time paying attention or staying still? Do you sometimes get yelled at for talking in class or moving around? Do you often zone out? Lose assignments? Fall behind in school? Have trouble controlling your behavior?

Maybe you have ADD or ADHD. These are labels grown-ups use to understand and help kids with these types of challenges. If you've been labeled ADD or ADHD, this book is for you.

Look inside to find:

- What ADD and ADHD mean—and don't mean
- Ways to make each day go better at home, at school, and with friends
- How to deal with strong feelings like anger, worry, and sadness
- The lowdown on medicine many kids take for ADD or ADHD
- The dish on foods that can help you manage your ADD or ADHD
- Fun quizzes that will help you remember what you're learning
- And much more

This book was written especially for you. But you might want to share it with a parent or another caring adult. Talk it over together and try some of the activities. Meanwhile, know you're not alone. Lots of kids have ADD or ADHD. With a little effort, they have learned to succeed. So can you!

John F. Taylor, Ph.D., has created many materials for young people with ADD and ADHD and their families. He is the founder and president of ADD Plus and the father of three children with ADD.

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ISBN-13 978-1-57542-195-7 \$13.95
ISBN-10 1-57542-195-X



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