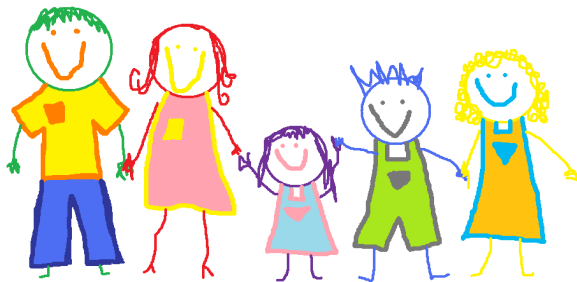


Helping your family understand and connect

When children are diagnosed with Attention Deficit Hyperactivity Disorder (ADHD) and Attention Deficit Disorder (ADD) it not only affects them but it affects their whole family. Parents and siblings must adjust to the diagnoses as much as the children diagnosed. Children will crave a connection with others who think, learn, and feel the ways they do. And siblings and parents want to understand the children in their family as best as they can and they want to connect with how other people in their position feel.

This text set provides books for families with children of all ages. There are perspectives from children and siblings of children with ADHD. It includes both fiction and non-fiction works all that provide accurate and different views of ADD and ADHD in both boys and girls from early elementary school to late teen years.



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Other ideas for coping with ADD +

- ❖ Create a quiet space that is comfortable for each member of the family, allow each member to customize their space and use it for times when they need to be alone.
- ❖ Find energy outlets for your hyperactive child such as a small trampoline or a large exercise ball to use indoors as well as outdoors.
- ❖ Find support groups in your local area for families of children with ADD/ADHD your doctor may know of some options.
- ❖ Be constantly aware of any side-effects and adverse reactions to medications your child is on. Children, especially going through puberty will need closer monitoring due to hormone changes.
- ❖ Create a chore chart that will allow the children to see exactly what they are responsible for and that will be a consistent reminder.
- ❖ Offer all your children another outlet to talk, cope, and work out their problems by finding a good child and family psychologist or counselor .

ADD + ADHD

Books to help Families with Children diagnosed with ADD or ADHD



Images J. Robbins 12/3/09

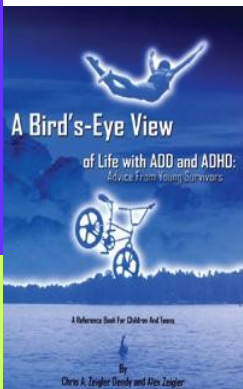
Older siblings may like this:

Cheaney, JB. *The Middle of Somewhere*. Knopf Books for Young Readers, 2007. Ages: 10 + up.



When Ronnie's mother gets hurt, Ronnie and her little brother Gee end up going on a road trip with their grandfather, Pop, who usually isn't around much. Now Ronnie is responsible for Gee who has ADHD and herself trying to keep in check and calm while working on a plan to have the best, most organized, summer ever. But when Gee disappears into thin air organization and planning go out the window as Ronnie and

Parents and Children may find this helpful:



Zeigler Dendy, Chris A + Alex Zeigler. *A Bird's-Eye View of Life with ADD and ADHD: Advice from Young Survivors*. Cherish the Children, 2003. Ages: 12 to Adult.

This reference book is from the perspective of young people who have lived with ADD and ADHD in their lives. It also includes helpful ideas for

ways to cope with the symptoms and Challenges of living with ADD and ADHD and answers to commonly asked questions. It is easy to relate to for children with ADD and ADHD and it helps parents and others more clearly understand what these children are going through every day of their lives.

Everyone will find these helpful:

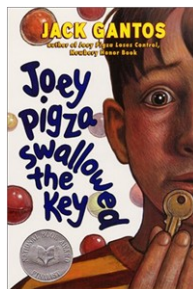
Deans, Sis. *Rainy*. Henry Holt and Co, 2005. Ages 11 + up.

Rainy is a ten year old girl who is small for her age, has ADHD, and is spending her first summer at sleep away camp. Rainy is already getting in trouble during registration and pretty soon she cannot seem to stay out of it. With the help of some new friends and some good counselors Rainy begins to regulate herself. But when she gets fixated on a story about a little girl who died years ago nearby her wheels get turning and soon she begins to forget the rules all over again. Soon the question becomes will she even make it to the end of camp before she is kicked out?



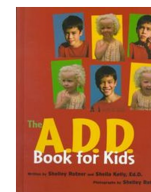
Gantos, Jack. *Joey Pigza Swallowed the Key*, HarperTrophy, 1998. National Book Award Finalist. Ages 8 + up.

The first book in an excellent series about a little boy with ADHD, *Joey Pigza Swallowed the Key* begins Joey's story as he learns about his diagnoses of ADHD and how to handle it. His teacher begins to lose patience as Joey continually gets in trouble due to some dud medication soon he is sent to the special-ed classroom for part of the day, but if Joey doesn't start learn to take control of his actions his teachers begin to threaten to send him to a special-ed school downtown. Will Joey ever get the help he needs? This is the beginning of a great series with a character many children will relate to and root for. Look also for *Joey Pigza Loses Control*, *What Would Joey Do?* and *I Am Not Joey Pigza*.



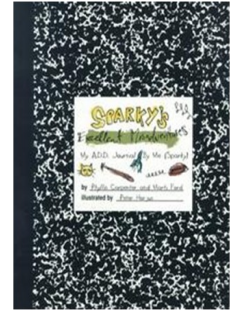
Rotner, Shelley and Kelly, Sheila. *The A.D.D. Book for Kids*. The Millbrook Press, 2000. Ages 3 + up.

Full of bright photographs of a variety of children, *The A.D.D. Book for Kids* helps young children understand what they are feeling and that other people feel the same way. It offers ideas that may help them cope as it tells a story that could be about their life. It is excellent both for children diagnosed with ADD and for young siblings of those children.



Carpenter, Phyllis and Marti Ford. *Sparky's Excellent Misadventures: My A.D.D. Journal by Me (Sparky)*. Illus. Peter Horjus. Magination Press, 2000. Ages 6 + up.

With the appearance of a composition notebook, this book reads like the personal journal of a young boy during a week in his life as he is diagnosed with ADD. It is great for children who have been recently diagnosed because they can relate to the situations that Sparky goes through. He misplaces his notebook, he goes to the doctor, and he begins to take medicine. It is an optimistic story that ends on a bright happy note.



Wolfson, Jill. *Home, and Other Big, Fat Lies*. Henry Holt and Company, 2006. Ages 10 + up.

Whitney, a hyper, loudmouthed orphan who is headed to foster home number twelve in the middle of nowhere in northern California. She has soured herself against the system and doesn't believe that she will ever find a home. When she realizes that there is a high percentage of foster kids in this small logger town she finds that the families are taking them in for the money. But when things start looking up in the town will Whitney and her new friends lose their new foster kid family that created? Whitney must learn to cope with life in a new place often while coping with her ADHD which is a unique experience that many children will sympathize with.

Book picture credits:

Middle of Somewhere: <http://pbspaces.com/both/?q=node/62>

A Bird's-Eye View: <http://www.additudemag.com/adhd-web/article/581.html>

Rainy: <http://us.macmillan.com/rainy>

Joey Pigza Swallowed the Key: http://www.guysread.com/books/title/joey_pigza_swallowed_the_key

The A.D.D. Book for Kids: <http://www.biblio.com/books/9709317.html>

Sparky's Excellent Misadventures: <http://w3.addressresources.org/?q=node/142>

Home, and Other Big, Fat Lies: <http://www.books-for-sale.org/483/home-and-other-big-fat-lies-by-jill-wolfson/>