



## Note to parents and carers

ADHD is a very common neurodevelopmental condition that affects behaviour.

The most recognized traits people with ADHD present are inattentiveness, hyperactivity and impulsiveness.

Some children and adults may have ADD, a form of ADHD, which can cause difficulties in concentrating but not with hyperactivity. This can make it more challenging to diagnose as the behaviour is less obvious.

There is no single test to discover if someone has ADHD, but the first step if you are concerned about yourself or your child is to talk to your doctor or special educational needs lead at your child's school.

This book will help your child to:

-  Understand what an ADHD diagnosis can mean for them.
-  Celebrate the wonderful strengths having ADHD can offer.
-  Reframe negative assumptions about ADHD.
-  Discover practical ideas and engaging activities.
-  Explore the idea of self-regulation and making mindful choices.

Hi!

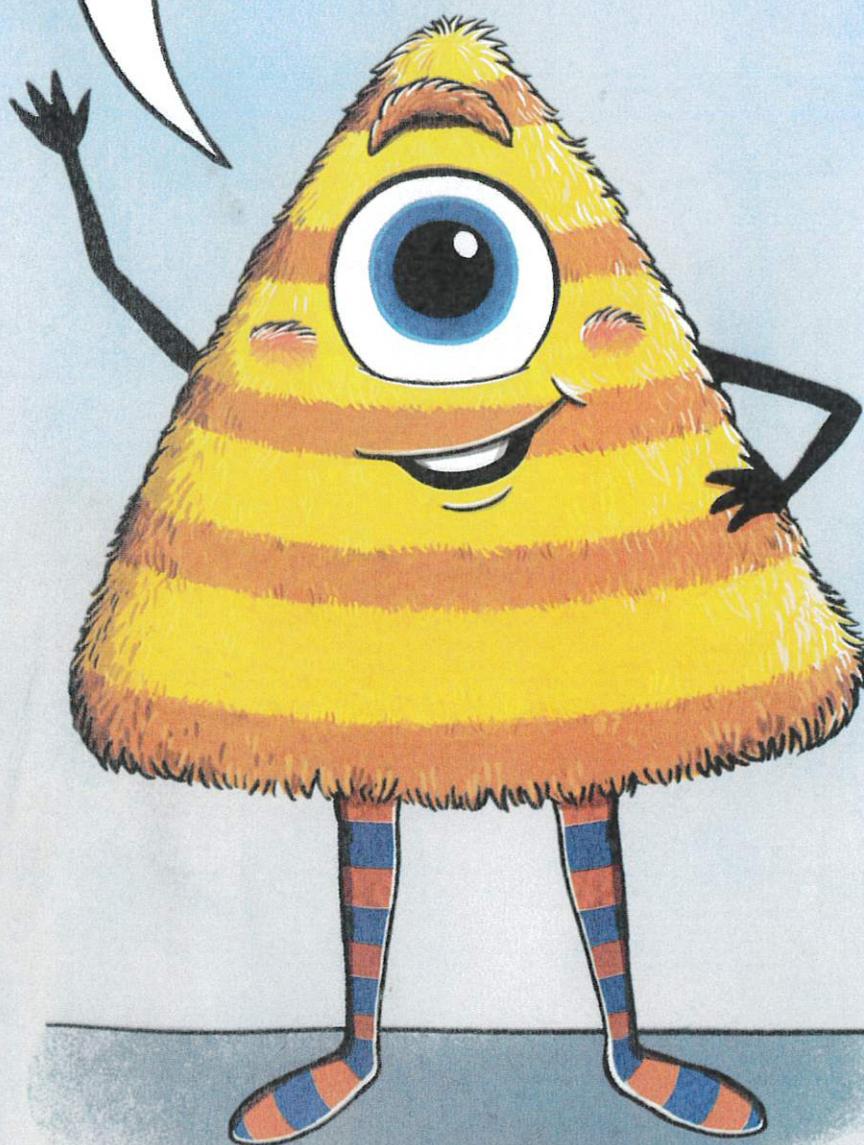
I'm Pip and I have ADHD.

That stands for:

Attention Deficit Hyperactivity Disorder,

but I like to describe myself as having:

Amazing, Daring, Hard-working Determination!



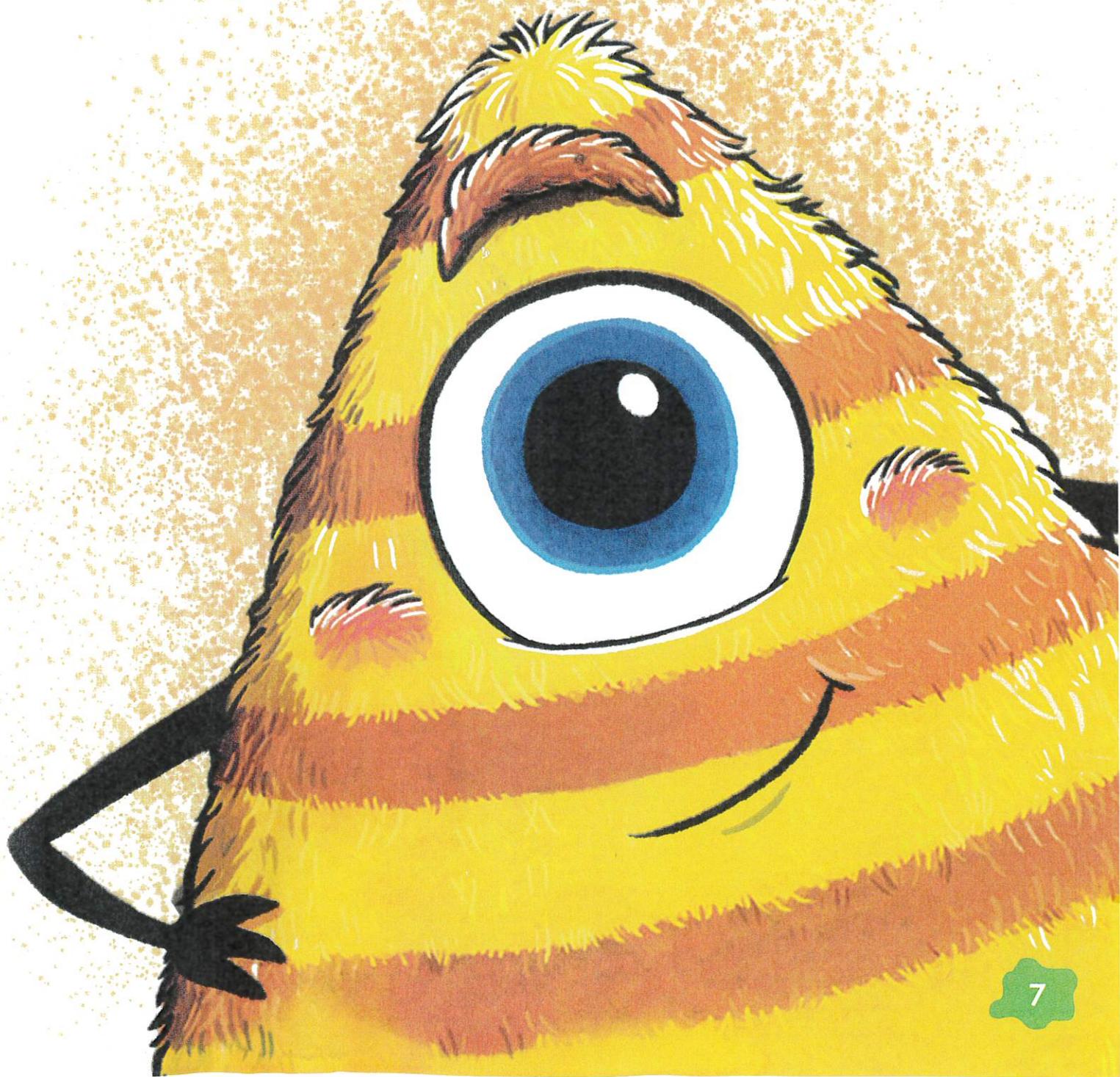
Everyone with ADHD thinks and feels differently, but we can have a LOT in common.

Some of my ADHD traits make things tricky.

I find it hard to sit still in school and I can get really upset when things don't go my way. It often takes a long time to feel calm again.

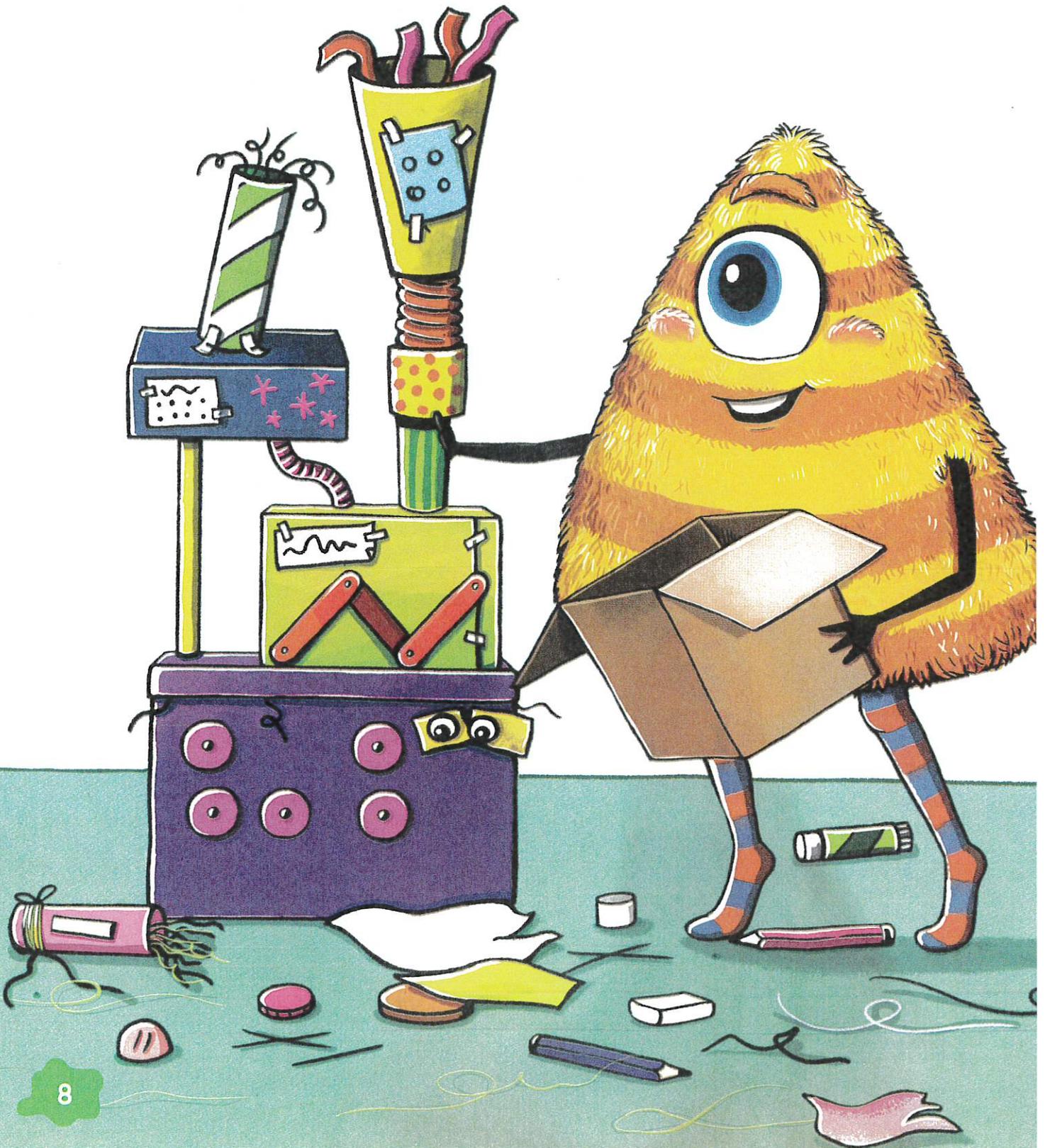
But, my ADHD characteristics are the things I LOVE most about myself and actually make me EXTRA brilliant at certain things!

I would love to tell you about my special ADHD super talents and how I'm learning how to make mindful choices...



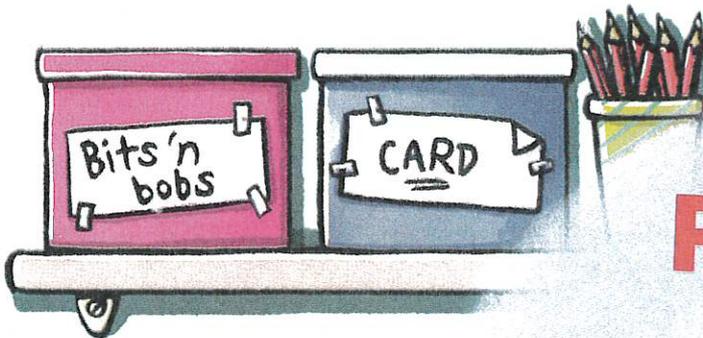
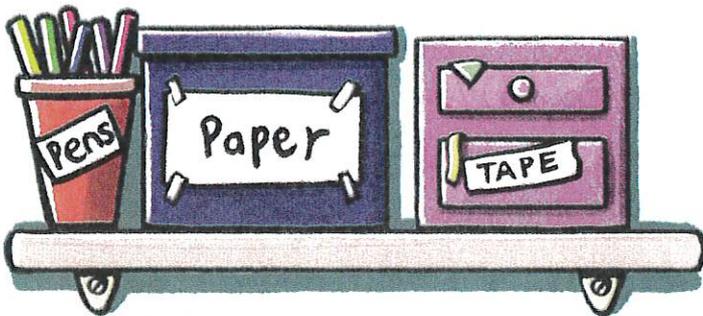
Having ADHD can help me come up with

# incredible ideas!



I love model-making. My ADHD makes me really creative and I'm very good at coming up with original ideas. I want to be an inventor when I grow up!

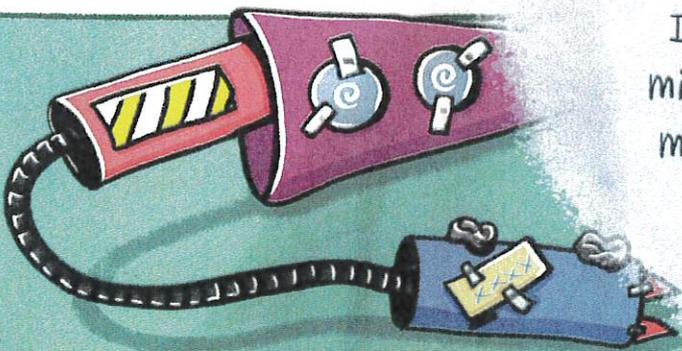
What do you love to do?



## PIP'S TIP

When I'm busy, my room can get pretty messy. It's SO annoying when I LOSE things.

I've discovered that if I take 5 minutes to tidy my room, it helps me stay organized so I can find what I'm looking for.



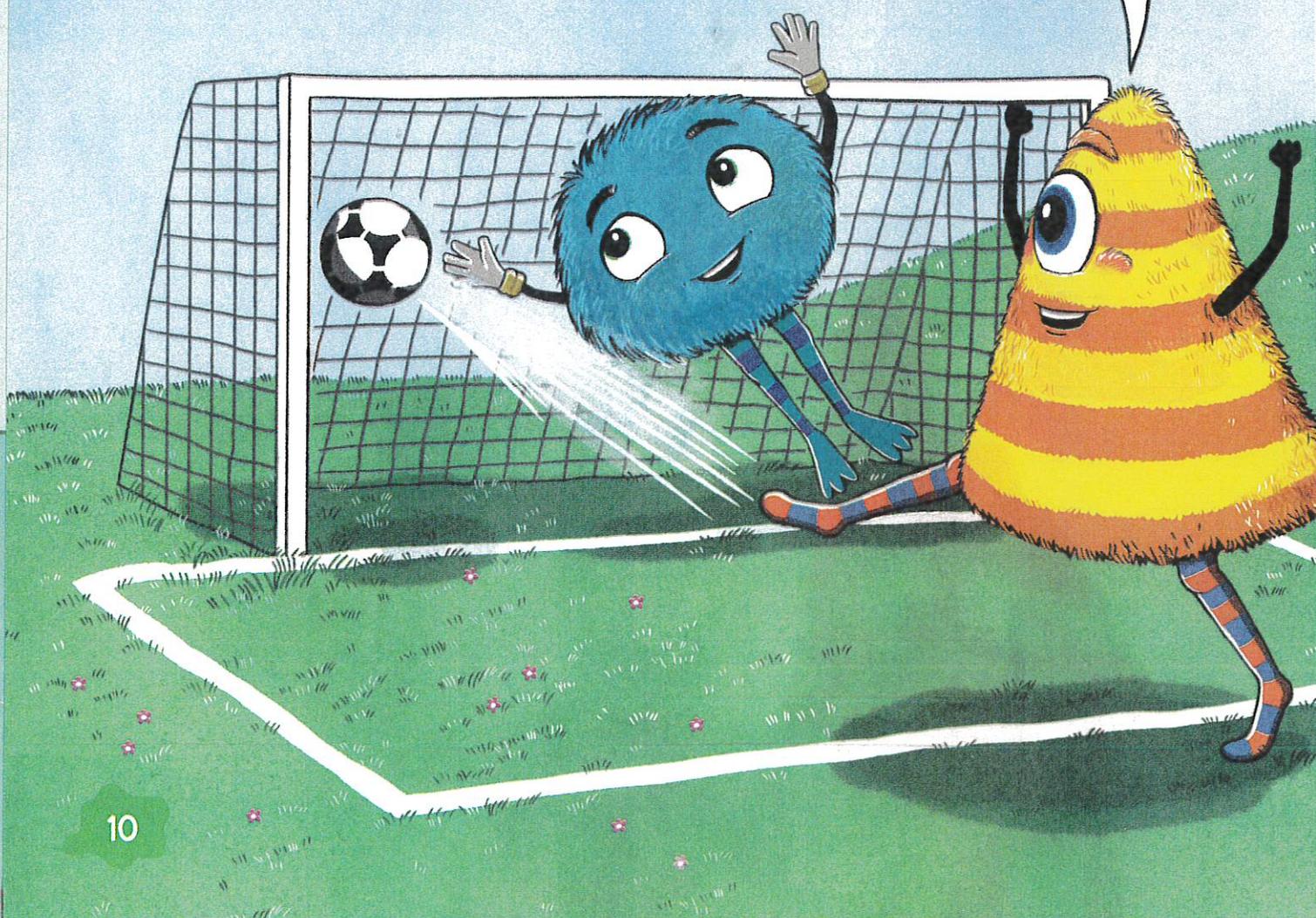
Having ADHD can help me have

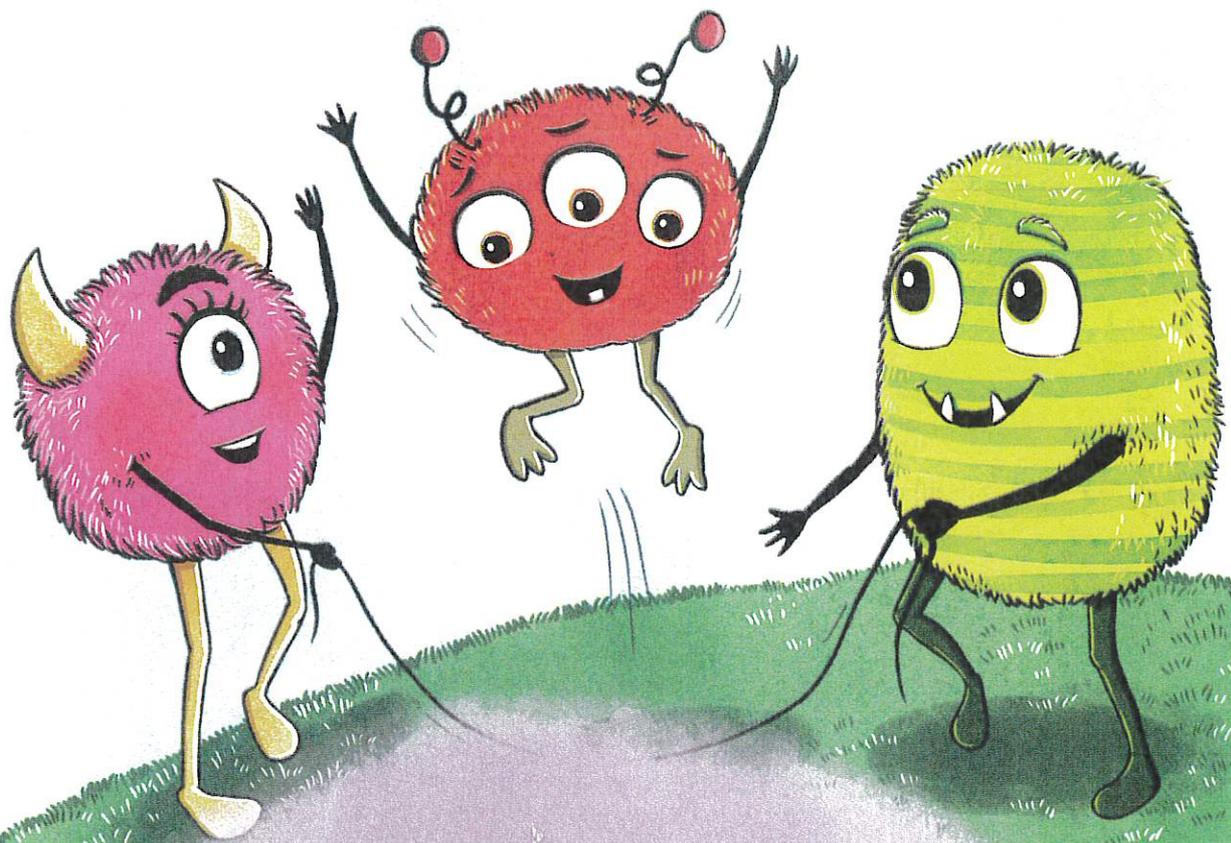
# loads of energy!

I can find it hard to sit still. Sometimes I just have to move.

I love running, jumping and skipping. You should see me in the playground!

**GOAL!**





## PIP'S TIP

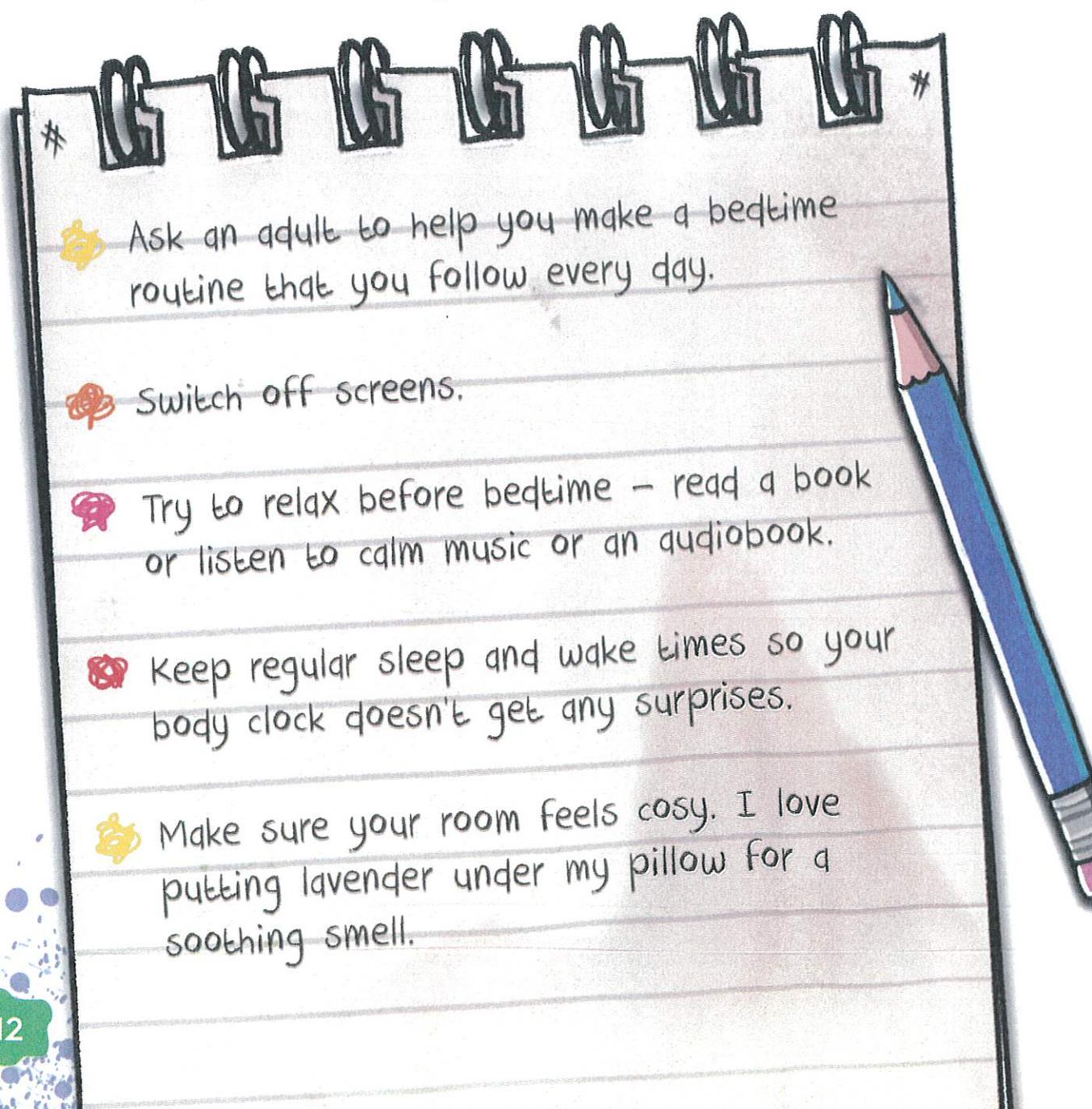
At school, adults can help me in lessons by:

-  Giving me opportunities to move around (this is often called a "movement break").
-  Working in a smaller room to limit distractions.
-  Breaking down tasks into smaller chunks.

I can also get REALLY tired in the middle of the day.

The best way to deal with this is by getting enough sleep at bedtime.

ADHD can make sleeping difficult so here's what I've learnt about how to get a grrreat night's sleep (so I can feel extra bouncy the next day)...



## PIP'S TIP

A weighted blanket can help you feel calm and cosy. If you don't have a weighted blanket, an adult can help by tucking a duvet in around you.

I'm having the BEST stinky sock dream!

