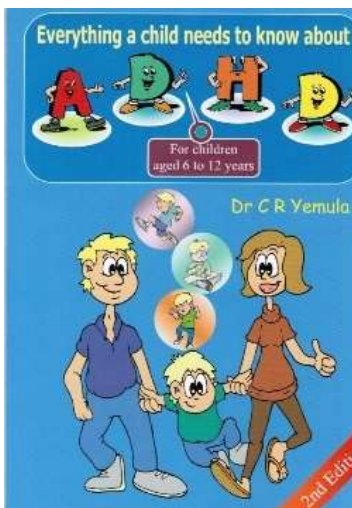


I HAVE SOME FRIENDS WITH ADHD Written by Beverley Nolker, illustrations by Richard Jefferies, and with a foreword by Andrea Bilbow OBE, this book is published by ADDISS.

This book is written in rhyme and is designed to explain what ADHD is and how it affects the brain. It is hoped that young people will read it and try to understand that people with ADHD are incredible human beings with wonderful qualities.

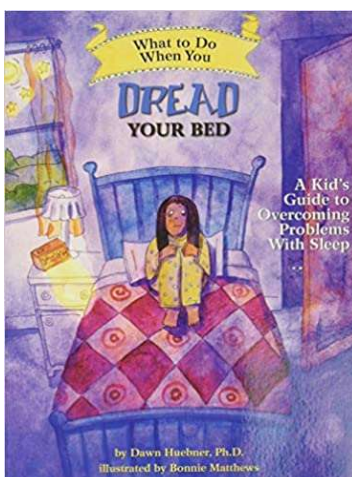
There is a word search at the back of the book along with a 'Positive Portrait' exercise for family and friends to take part in



EVERYTHING A CHILD NEEDS TO KNOW ABOUT ADHD

Author Dr C. R. Yemula

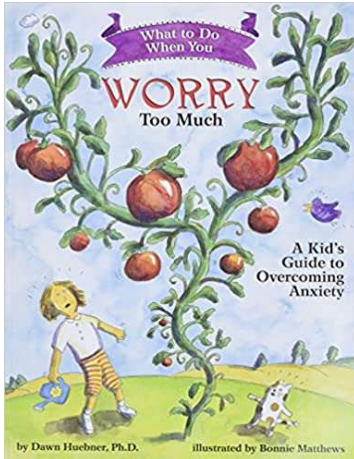
This book is written as an interesting story with colourful illustrations, for young children aged 6 to 12 years, to improve their understanding of such a complex condition. Dr Yemula is a developmental paediatrician based in Bedford, where he leads the ADHD service. Illustrated in colour.



WHAT TO DO WHEN YOU DREAD YOUR BED – A KID'S GUIDE TO OVERCOMING PROBLEMS WITH SLEEP

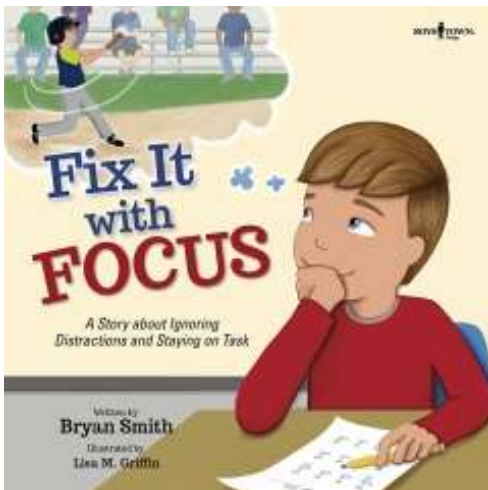
This book guides children and their parents through the cognitive-behavioral techniques used to treat problems with sleep. Fears, busy brains, restless bodies, and overdependence on parents are all tackled as children gain the skills they need for more peaceful nights. This interactive self-help book is the complete resource for educating, motivating, and empowering children to fall asleep. Wouldn't it be great if you could climb into bed, snuggle under your covers, and fall asleep without any fuss or fear? Without listening for noises or thinking about bad guys? Without an extra drink, or an extra hug, or an extra trip to the bathroom? Bedtime is tough for many kids. If you're a kid who dreads your bed, and are convinced that nothing short of magic will make nighttime easier, this book is for you.





WHAT TO DO WHEN YOU WORRY TOO MUCH – A KID'S GUIDE TO OVERCOMING ANXIETY
Did you know that worries are like tomatoes? No, you can't eat them, but you can make them grow, simply by paying attention to them. If your worries have grown so big that they bother you almost every day, this book is for you.

What to Do When You Worry Too Much guides children and parents through the cognitive-behavioral techniques most often used in the treatment of anxiety. Lively metaphors and illustrations make the concepts and strategies easy to understand, while clear how-to steps and prompts to draw and write help children master new skills related to reducing anxiety. This interactive self-help book is the complete resource for educating, motivating, and empowering kids to overcome their overgrown worries.



FIX IT WITH FOCUS A STORY ABOUT IGNORING DISTRACTIONS AND STAYING ON TASK, WRITTEN BY BRYAN SMITH. ILLUSTRATED BY LISA M. GRIFFIN.

Focus. Focus. Focus. That's the advice Blake hears again and again but never seems to follow.

Blake has a short attention span. In the classroom, he carelessly demolishes a Lego volcano in his rush to see who's outside the window. On the pitch, he gets his elbow and his ego bruised because of a distracting clod of dirt. In the lunchroom, he stops telling his own story to flip a bottle and ends up drenched in a puddle. The poor guy stumbles from one mishap to another because of a complete lack of concentration.

Will his fortunes change when the caring adults in his life introduce him to hands-on tools and manipulatives, such as squishy erasers, stress balls and glove taps? And can a work/break cycle, coupled with using the word FOCUS as a mnemonic device, make things any better?

FIX IT WITH FOCUS is from the pen of award-winning author and school counsellor Bryan Smith, whose popular Executive FUNCTION series offers great lessons to young readers who struggle with self-control, have the wiggles, or are coping with ADHD

For more information contact an organization in Europe <https://adhdeurope.eu/about/members/>

