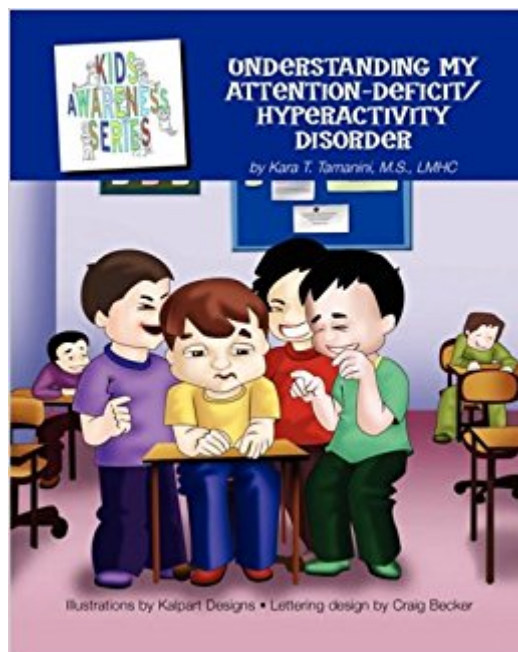




The book was found

# Understanding My Attention-Deficit/Hyperactivity Disorder



## Synopsis

Understanding my ADHD, is written as an introduction for children who are being evaluated for ADHD or who have recently been diagnosed with ADHD. The book is a story about a child named Tommy, who is struggling in school and who always seems to be in trouble. The author's story explains the symptoms of ADHD in kid-friendly language and offers hope and encouragement to a child that with work things can get better. "Young children always have questions, but those questions may not always be easy to answer. In her new kid-friendly book, Understanding My Attention Deficit Hyperactivity Disorder, Kara Tamanini has made that process much simpler. In this sensitive book, easily understood by even preschoolers, Mr. Timmons, a kindly shop owner, shares his childhood experiences with Tommy, a boy coming to grips with his own ADHD behaviors. Wonderful on its own, this first book in Ms. Tamanini's Kids Awareness Series leaves me wanting more." Patricia O. Quinn MD, Developmental Pediatrician Director of the Center for Girls and Women with ADHD About the Author Kara T. Tamanini is a licensed therapist and works primarily with children and adolescents in private practice. Her book, Understanding my ADHD, is her first book in her Kids Awareness Series, children's books on the childhood mental disorders. Ms. Tamanini has her own blog page and website, KidsAwarenessSeries.com, which brings understanding to the childhood mental disorders for parents.

## Book Information

Paperback: 28 pages

Publisher: Strategic Book Publishing & Rights Agency, LLC (October 28, 2008)

Language: English

ISBN-10: 1606931709

ISBN-13: 978-1606931707

Product Dimensions: 8 x 0.1 x 10 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 2.8 out of 5 stars 5 customer reviews

Best Sellers Rank: #2,254,718 in Books (See Top 100 in Books) #35 in [Books > Health, Fitness & Dieting > Children's Health > Special Needs Children](#) #347 in [Books > Health, Fitness & Dieting > Children's Health > Learning Disorders](#) #299456 in [Books > Children's Books](#)

## Customer Reviews

We had high hopes for this book. We are begining to talk to our son about his ADHD diagnosis and

had hoped this book could provide us with common vocabulary we could use as well as pointers for him. It was more about bullying and not helpful.

I have never returned a book. If it's a "miss," I usually see the value in donating it to the library or Goodwill. This one, however, is going back. The story begins by introducing us to a boy who is sitting in a toy store while his mother and sister shop for a new toy for his sister! He has been sad since Kindergarten because nobody likes him anymore. Then the store owner approaches the boy and tells him about his own childhood because he, too, was ALWAYS in trouble. Magically, the little boy doesn't feel as sad after hearing the store owner's story and he goes to the playground. The book (pamphlet) states that its purpose is to "bring awareness and understanding," and I see neither being offered. The illustrations are pretty awful and the story is simply lacking. I'm glad that I purchased other books for my daughter to read about her ADHD.

ADHD is a growing problem in every community school system for teachers, students, and parents. That's why writer and psychotherapist Kara Tamanini's twelve-page picturebook (illustrated by Kalpart Designs and lettered by Craig Becker) is such a timely and thematically appropriate choice for family, school, and community library collections. It's the story of a boy named Tommy who becomes quite upset now and then, and not knowing why he feels that way. When Tommy visits Mr. Timmons' toy store and finds himself becoming angry without any apparent reason once again, Mr. Timmons tells him a story about another child a lot like Tommy, and in doing so, Tommy realizes that by talking about his problems, he can better cope with those upset feelings when they happen. "Understanding My Attention-Deficit/Hyperactivity Disorder" is especially commended to the attention of parents who seek to help their ADHD child come to terms with their disability and learn to deal with it at home, at school, and at play.

As a clinical psychologist who works with ADHD clients, I have found this book an excellent primer for parents and their kids, especially those who have been newly diagnosed with this condition. The book skillfully brings awareness of the many traits of ADHD all the while painting a picture of hope that this is a highly treatable condition. I highly recommend this book to my clients and to anyone who might be facing this specific challenge.

I loved this book! The poignant story is narrated in a refreshingly simple style. My four year old was able to understand this book easily. A great instrument to introduce your kids to a better

understanding of ADHD.

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