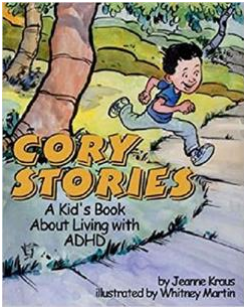


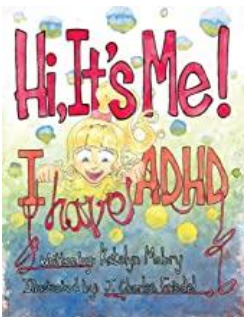
Attention-Deficit/Hyperactivity Disorder (ADHD) Annotated Bibliography

Kraus, J. (2005). Cory stories: a kid's book about living with ADHD. Magination Press. (Grade Level: 3rd – 2nd)



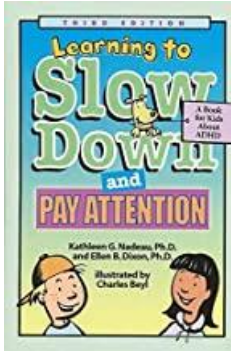
Cory Stories is a book about a young boy with ADHD and the affects it has on his relationship with friends, family, school and emotional well-being. In the beginning of the book, Cory was undiagnosed and struggled with many things such as remembering to do school assignments, staying focused in school or sports, making friends, and sitting still. After his parents took him to the doctor, they discovered he had ADHD where they put him on medication, sent him to a counselor, and learned several coping mechanisms to deal with his ADHD. Once Cory was able to overcome his challenges brought on from his disorder, he was able to excel and life started to come together. He learned strategies to help him to remember to do his school assignments, learned how to make and keep friends, and found ways to release and focus his energy. This book let's children know that they are not alone with ADHD and there are many other people with the same issues. It also shows how getting the right kind of help can be effective in ADHD management.

Mabry, K. (2019). Hi, it's me! I have ADHD. (2nd ed.) Purple Butterfly Press. (Grade Level: Kindergarten – 4th)



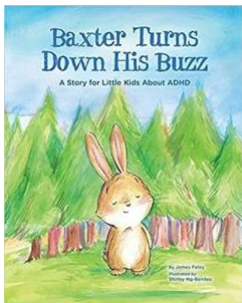
“Hi, It’s Me! I Have ADHD” is written by Katelyn Friedel Mabry and is based on her personal experience with ADHD. In this book, she shares many thoughts, feelings, emotions, and experiences on what it is like to grow up with ADHD. She explains the difficulties of ADHD but displays a growth-mind set on how to deal with it and use it to display one’s full potential. The main purpose of her story is to let children know that they are not alone and that other’s also have ADHD and it could be used towards their own advantage. For example she demonstrates that although they may have a busier mind, it could also lead to more creativity. At the end of the book she has tips for both the children and parents on how to deal with the disorder. She also has a “How are you feeling page?” at the end of the book where they child can draw their face and write about their emotions.

Nadeau, K. G., & Dixon E. B. Learning to slow down and pay attention. (3rd edition) Magination Press. (Grade Level: 4th- 12th)



The book “Learning to Slow Down and Pay Attention” is an easy to read guide on ADHD for all ages to read including younger children to older children in high school. It explains the problems associated with ADHD and provides easy to follow guidelines on how to overcome these obstacles. The book is broken down into four sections which makes it easier to navigate and go back for reference. The first section, “A checklist about me” allows kids to understand what their problem areas are and see where they may want to improve. The second section “Things other people can do to help me”, is about finding help through teachers, counselors, doctors, and parents. The third section “Things I can do to help myself” offers lifestyle changing solutions to overcome the daily struggles of ADHD. For example, it mentions problem solving tips such as using a florescent folder to put homework in, or using post-it notes as a guide for remembering where homework is at. Finally, the last section “Special projects with my parents” focuses on children building a strong relationship with their parents so that they can have an open and supportive relationship, which will help them to thrive with their ADHD.

Foley, J. M. (2002). Baxter turns down his buzz. Magination Press. (Grade Level: Preschool – 3rd)



“Baxter Turns Down His Buzz” is about a high energy rabbit who was so fast he would often lose control of his actions and was unaware of his surroundings. He angered many animals in the forest due to his carelessness, such as when he rammed into raccoons during a race and drank all the water before any of the other animals had a chance to grab one. His uncle Barnaby taught Baxter to become aware of his senses and learn how to relax his body and mind so that he could have more control over it. Baxter practiced mindfulness techniques every day until he was able to become more aware of what was happening around him and relax his body. Finally at the next forest race, Baxter was able to control his buzz and help other animals along the way. This book helps build awareness for children with ADHD, and how to take control over ADHD instead of letting it take over the person.

Saunders M. S. (2002). My whirling, twirling motor. Magination Press. (Grade Level: Preschool – 3rd)



The story “My Whirling, Twirling Motor” is about a young boy named Charlie who imagines that he has a spinning motor inside of him and cannot slow down. He tends to move very quickly, while spinning and making motor sounds as he rushes throughout his day. Despite efforts in trying to slow down, he still tends to have accidents on the playground and forgets his homework assignments. When his mom calls him to talk to him, he is worried she will point out all of the things he did wrong throughout the day. Instead, his mom chooses to focus on the positives and shows him a list of things he did right during his day. She also encourages him to keep up the good work and lets him know that she is optimistic that he will also do well the following day. This book shows compassion and patience when it comes to dealing with ADHD. It demonstrates empathy and builds understanding that people with ADHD may appear to not be trying when they are indeed, although they may have to do things in a different way than most people.

Martin, R. (2019). The amazing ninja brothers: entering the deep unknown. Dream Chaser Publishing. (Grade Level: 3rd – 12th)



This book is about two brothers, Aiden and Jacob with extreme powers. They are ninjas, but unlike other ninjas who fight they are able to heal people heal through their ancient rings. Tommy, who has ADHD is in one of their classes at school has a hard time with focusing and staying still. Neither his teacher nor classmates are able to understand why he acts the way he does. One ring gives them the Power of Empathy and the other is the Power of Understanding. When Aiden has his Power of Empathy ring on, he is able to understand how Tommy feels with ADHD, and describes him as brilliantly smart but with a mind running fast like a race car. This helps him to explain why Tommy seems bored in class and fidgets too much. Jacob sees that Tommy has a really cool and exceptional brain and it amazing at certain things but gets bored easily because of it. It is through Aiden and Jacobs superpower in discovering Tommy’s ADHD and learning style they are able to relate and have the entire class relate to him as well. This book demonstrates how people with ADHD think and although they may do things differently, they are usually highly intelligent individuals. It also makes people aware of the positives of ADHD and to focus on those instead of the negatives.