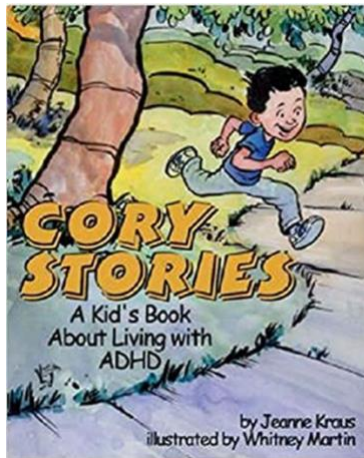


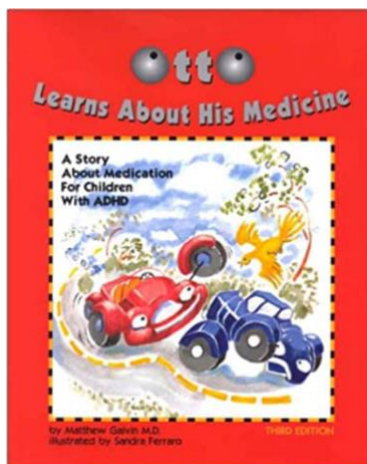
Madison Prestwood  
Annotated Bibliography

Kraus, J. (2004). *Cory Stories: A Kid's Book about Living with ADHD*. United Kingdom: Magination Press.



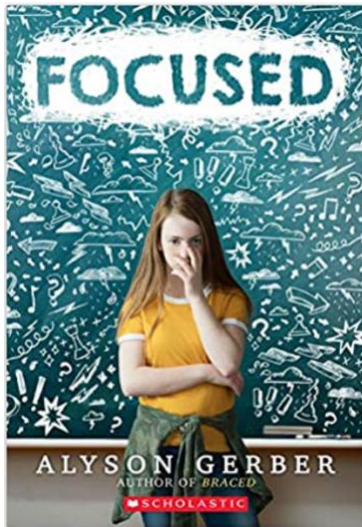
*Cory's Stories* is excellent for young children in beginner elementary school. This book uses pictures and short, readable stories to not only discuss what ADHD is, but it also discusses the coping mechanisms that these individuals have, such as: therapy, medication, etc. This breaks the barrier, while normalizing and providing understandable language for children to understand.

Galvin, M. (2001). *Otto Learns about His Medicine: A Story about Medication for Children with ADHD*. United States: Magination Press.



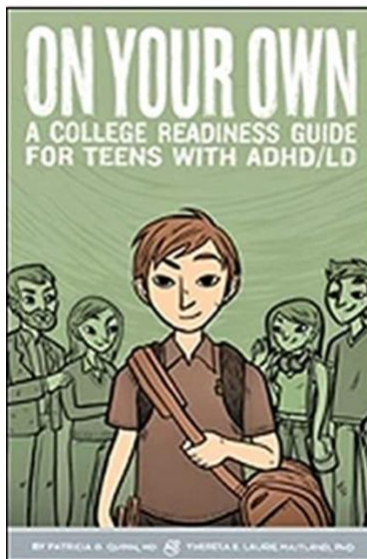
*Otto Learns About His Medicine* is perfect for older toddlers to mid-elementary students to learn about coping with ADHD medication, as well as peers to understand what their fellow students. Otto is a racecar whose motor runs too fast and frequently struggles to pay attention in school and distracts his peers. After his parents take him to a specialized mechanic, he gets special oil to help slow his motor down; he also starts joining a group of racecars to talk about their fast motor problems. This is an excellent book for kids to help grasp the concept of why they take their medication and it's not a scary thing. It also emphasizes the importance of peer support.

Gerber, A. (2019). *Focused*. United States: Scholastic Incorporated.



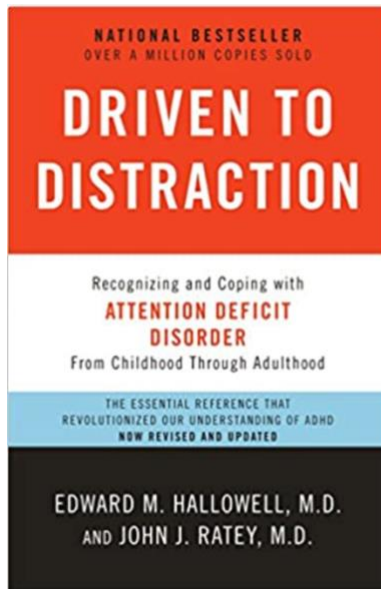
*Focused* is perfect for late elementary to middle school students to learn about ADHD. This book follows the story of Claire, a middle schooler who just can't seem to focus or prioritize her needs. At first it isn't that noticeable, but soon she is failing in school and she's struggling socially. This follows the journey of personal acceptance and accepting support from others in your journey to being *Focused*. *Focused* is a first-person narrative story that puts the reader in a personal experience of pre-diagnosis, testing, and coping with ADHD.

Maitland, T. L., Quinn, P. O. (2011). *On Your Own: A College Readiness Guide for Teens with ADHD/LD*. United Kingdom: Magination Press.



*On Your Own* is a perfect book to aid teenagers in their journey from home life to adult life away from their main supporters. Leaving home is a struggle for anyone, but for people with ADHD having to start over in a new disruptive environment can be a long hard adjustment. In severe situations, this can trigger a manic episode that leads to reckless impulsive decisions. *On Your Own* provides ADHD specific solutions to aid young adults to transition into budgeting, making schedules, and general "adult" things that can be difficult. This book gives aid and strategies in building self-reliance, daily living and academic skills.

Ratey, J. J., Hallowell, E. M. (2011). *Driven to Distraction (Revised): Recognizing and Coping with Attention Deficit Disorder*. United Kingdom: Knopf Doubleday Publishing Group.



*Driven to Distraction* is geared toward high school students with ADHD. Not only does this book have personal accounts of the disorder, but also covers groundbreaking research about the disability. This book debunks common myths surrounding the disorder, but more importantly, focuses on the positives that come with it. Many ADHD books talk about the negative side effects, but this book covers the benefits that come with it as well. With seeing all the sides of ADHD, it can help people come to terms and embrace their disability.