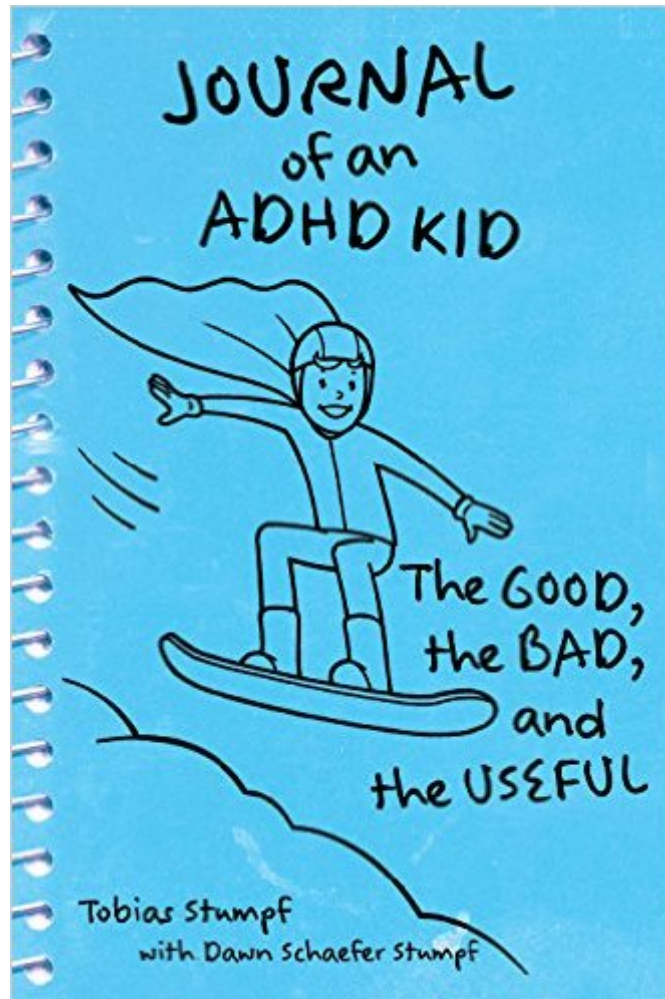


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# Journal Of An ADHD Kid: The Good, The Bad, And The Useful



## Synopsis

2014 ForeWord Reviews' INDIEFAB Book of the Year Awards Finalist: Juvenile NonFiction category

For kids with ADHD, reading *Journal of an ADHD Kid* is a chance to get to know themselves (and their diagnosis) much better! Toby, the narrator, relates his experiences coping with life as an ADHD kid in an authentic kid's voice that is sometimes funny, sometimes exasperated, sometimes proud, illustrating the range of emotions that kids with ADHD/ADD feel. The book provides information in a frank, upbeat, conversational manner and offers thought-provoking questions designed to help readers recognize how ADHD/ADD affects them and then come up with better ideas for handling difficult situations in their own lives. From facts about an ADHD diagnosis to whether to tell friends and teachers, and from understanding both the good and bad aspects of ADHD to what can help with the disorder, there's plenty of solid information, emotional support, and tips for kids and teens.

## Book Information

Paperback: 136 pages

Publisher: Woodbine House (September 15, 2014)

Language: English

ISBN-10: 1606132504

ISBN-13: 978-1606132500

Product Dimensions: 5.9 x 0.4 x 8.9 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (11 customer reviews)

Best Sellers Rank: #83,203 in Books (See Top 100 in Books) #35 in [Books > Health, Fitness & Dieting > Children's Health > Learning Disorders](#) #127 in [Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Special Needs](#)

Age Range: 8 - 12 years

Grade Level: 3 - 8

## Customer Reviews

I just finished reading the book, *Journal of an ADHD Kid* and I found it fascinating and entertaining. Learning about ADHD from the perspective of a middle school young man that has it, made the reading very authentic. Before reading the book I knew very little about ADHD, only that young people were often diagnosed with it and treated with medication. I think this book would be especially valuable for other young people with ADHD that have the same struggles that Tobias has experienced. Knowing that there are many others, just like Tobias, that have same frustrating issues

with school, family and life in general, would help. The strategies Tobias has developed to deal with his ADHD will hopefully help others to manage their lives too. Parents and teachers will benefit from this book, it gives you a perspective of ADHD that you won't find in text books or when you Google it. The words Tobias writes come from the heart and from his real-life experiences. I am a member of the same community in central Minnesota as Tobias. He has been a great customer of mine at the Farmers Market and I coached his traveling basketball team two years ago. He is a very intelligent, compassionate young man. Tobias was very brave to write this book. He realizes he may be opening himself to teasing or possibly bullying; but he wants to tell his story to help others. I think this book will accomplish just that. What a kid!

Great book for kids in grades 3-8. Here are some other superb books for children and teens with AD/HD. Grades K-3 Mrs. Gorski, I Think I Have Wiggle Fidgets, Barbara Esham My Warp Speed Mind, Donalisa Helsley Otto Learns About His Medicine, Matthew Galvin Shelley, The Hyperactive Turtle, Deborah Moss My Friend Has ADHD, Amanda Tourville 80HD: A Child's Perspective On ADHD, Trish Wood Terrific Teddy's Excessive Energy, Jim Forgan 1-3 Annie's Plan: Taking Charge of Schoolwork and Homework (attention, time management, organization, homework), Jeanne Kraus K-6 All Dogs Have ADHD, Kathy Hoopmann 2-6 Jeanne Kraus- Get Ready for Jetty! My Journal About ADHD and Me, Cory Stories: A Kid's Book about Living with ADHD 3-6 Captain Underpants series, Dav Pilkey Slam Dunk: A Young Boy's Struggle with Attention Deficit Disorder, Roberta Parker 3-7 Sparky's Excellent Misadventures: My ADD Journal, Phyllis Carpenter The Survival Guide For Kids With ADD or ADHD, John Taylor 4-12 Positively ADD: Real Success Stories to Inspire Your Dreams, Catherine Corman ADHD and Me: What I Learned from Lighting Fires at the Dinner Table, Blake Taylor 4-8 Joey Pigza series, Jack Gantos 6-12 ADHD in HD: Brains Gone Wild, Jonathan Chesner A Bird's-Eye View of Life with ADD and ADHD, Chris Zeigler Dendy The Sensory Team Handbook (for sensory processing/integration symptoms of AD/HD), Nancy Mucklow 8-12 Understand Your Brain, Get More Done: The ADHD Executive Functions Workbook, Ari Tuckman

I just read Journal of an ADHD Kid and it was great. I am 9 years old and have ADHD too. I was able to make lots of connections and feel better about myself. When I read the first chapter, I had so many connections, I looked on the cover to see if my name was on it. Before reading this I was feeling a bit alone and kind of down on myself. This book helped me learn more about ADHD and realize that it's not that bad at all. At the end of each chapter I liked answering the questions and it

made me crack up a few times. I would recommend this book to every single kid with ADHD. It helped me feel good about being different. I think other kids with ADHD will have lots of connections too.

As a teacher, I am so impressed with the candor and wisdom shared by Toby's book. This young man has shared his day-to-day experiences with such courage so that we can understand his life - and by association - the lives of many other people we know. What makes this book so powerful is Toby's genuine willingness to share his personal experience. For teachers and families, this book can help us understand what young people are going through and realize how we can best support our students and loved ones. MAJOR kudos to Toby for his effort, time, and intention to positively impact the world and people's lives. (And gratitude to his family for all their support and encouragement of Toby as he shares his story.)

I just finished it this weekend! It's a great book for any kid/teen who is or has been diagnosed with ADHD. I would recommend this book to any parent, educator, counselor or person who would like to better understand the mind of an ADHD kid. This book also gives some great tips and suggestions in dealing with some everyday struggles, told from the perspective of a kid. It explains the process, feelings, and insight from a middle school kid dealing with this that I think many will be able to read and find a piece of them in this book. This would be a great reference book to a parent of or child who has just been diagnosed with ADHD. It's a brave book that will remind many they aren't alone in dealing with some of these struggles.

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ADHD: Stories Of Those With Attention Deficit Hyperactivity Disorder And How They Overcame It (Adhd Children, Adhd adult, Adhd parenting, Adhd without ... Adhd advantage, adhd effect on marriage) Journal of an ADHD Kid: The Good, the Bad, and the Useful ADHD: A Mental Disorder or A Mental Advantage (2nd Edition) (ADHD Children, ADHD Adults, ADHD Parenting, ADD, Hyperactivity, Cognitive Behavioral Therapy, Mental Disorders) Bad Breath: Remedies for Life - How to Prevent Halitosis, Bad Breath Causes, Cures and Treatments (Bad Smell and Mouth Smell - How to Cure Bad Breath Book 1) Journal Daily: inside Tree Design, Lined Blank Journal Book, 150 Pages, 6" x 9" (15.24 x 22.86 cm), blank journal pages, writing journal The Paleo Kid Lunch Box: 27 Kid-Approved Recipes That Make Lunchtime A Breeze (Primal Gluten Free Kids Cookbook) The Book Lover's Journal (Reading Journal, Book Journal, Organizer) Journal Your Life's Journey: Tree Vector Journal, Lined Journal, 6 x 9, 100 Pages Journal Your Life's Journey: Water Color Paint

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