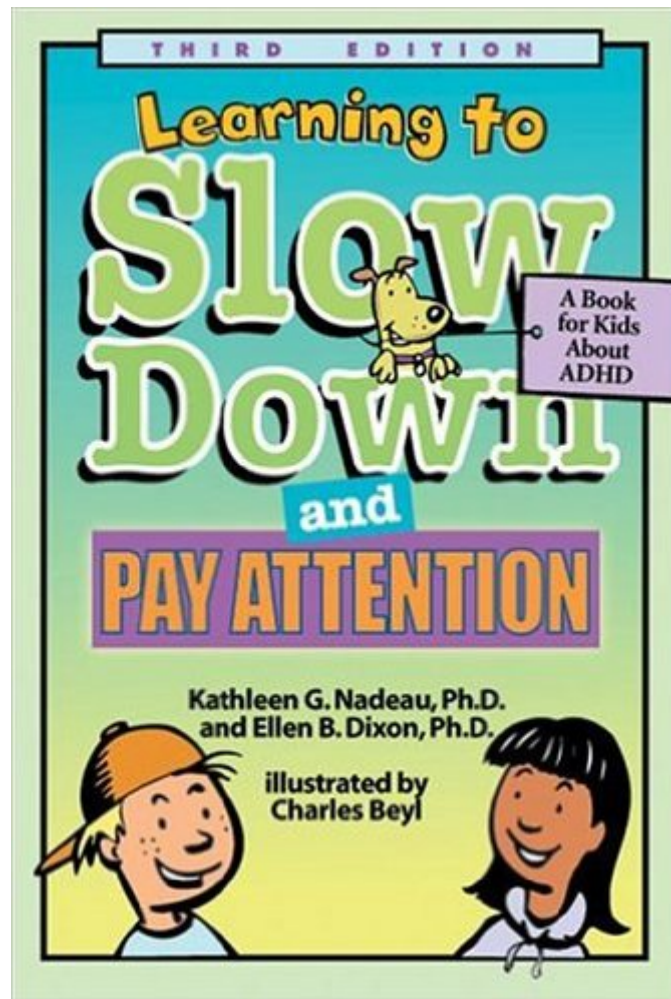


The book was found

# Learning To Slow Down & Pay Attention: A Book For Kids About ADHD



## Synopsis

This third edition of reflects changes in understanding of ADHD and in our approach to its treatment.. While the majority of what's written about ADHD emphasizes behaviors that bother adults, this book emphasises those aspects of ADHD that are troublesome to the children, trying to look at the world more from their point of view.

## Book Information

Paperback: 95 pages

Publisher: Magination Press; 3rd edition (September 1, 2004)

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ISBN-13: 978-1591471554

Product Dimensions: 6.3 x 0.3 x 9 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (112 customer reviews)

Best Sellers Rank: #7,490 in Books (See Top 100 in Books) #25 in [Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Special Needs](#) #76 in [Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Self-Esteem & Self-Respect](#) #99 in [Books > Medical Books > Psychology > General](#)

Age Range: 4 - 8 years

Grade Level: 4 - 3

## Customer Reviews

Expert clinical psychologists Nadeau and Dixon have created an absolute must-have for young folks struggling to get a handle on their own ADHD. Now in its third edition, updated with more notes and resources for parents, Learning To Slow Down And Pay Attention is a straightforward self-help book written especially for children with Attention Defecit Disorder with Hyperactivity. The friendly, no-nonsense text offers practical advice and tips, for learning to relax, staying focused, remembering stuff, getting homework done, making friends and more, all without talking down to its young audience. Whimsical black-and-white cartoons help illustrate and reinforce the offered guidelines.

My [...] is a good reader so this book was at his level. However, we both sat down and read through it. It gave me some great hints as well as helping him to view his problem as managable. He

especially liked the illustrations and puzzles scattered throughout the book - clearly with ADHD kids in mind! I am currently plowing through some adult books on ADHD and I keep referring back to this book for a more straight forward approach.

I got this book when my son was first diagnosed with ADHD and it is wonderful. It helped me understand what he was going through and him understand that he was just different. This book helped him to realize that he wasn't alone and that there are ways to help him help himself. My son feels that he has more control of things and is not afraid to ask questions or for help when needed. He not embarrassed by ADHD it's just part of who he is.

My grandson recently went on medication for ADD. I have read several books and had high hopes for this book. There were some good ideas to use to help with getting organized and sticking to task (really good ideas for anyone not just kids with ADD), but I was disappointed that so much was said about the child having a "disorder", being misunderstood and not fitting in well. In my grandson's case he was having problems completing school work and never felt he had a disorder or had trouble getting along with others.

My 10 yo has mild autism, and he has major organizational and focusing issues. This book explains in very clear terms the challenges that face some kids, and steps that can be taken to minimize those challenges. I love the checklist in part 1, because it highlighted some things even for me that I didn't realize my son needed help with. It helped give my son the language to discuss exactly why he dislikes school so much, rather than just the generic, "I hate school, too much work, too much homework, I hate it!" It was also a revelation to him that OTHER kids have these same issues. Seeing a book targeted so specifically to kids with problems my son has, really hammered home that he is not alone. The next section of the book is "Things Other People Can Do to Help Me," and this was a pretty weak section of the book, very basic info about the role physicians/medication, counselors, and therapists might have in helping kids with ADHD. I suppose this section's generality makes sense because the book is targeted towards kids. Part 3 is the meat of the book, with specific strategies kids can use to help themselves get organized and learn to focus. It's all stuff that anyone who reads organizational books already knows (color code, checklists, etc...), but simplified and applied specifically to issues children have. This section also deals with some of the emotional issues some kids have, such as, "Things to Do If I Feel Fidgety", "Learning to Control My Anger", "Learning to Ask for Help", "Problem Solving", etc...All in all, I highly, highly recommend this book.

Parents will probably need to help kids establish some of these routines/procedures, and certainly parents can be helpful in reminding kids of the strategies they are supposed to try to use when they get frustrated/angry.

Learning To Slow Down & Pay Attention: A Book for Kids About AdhdI purchased this book for my son who is 7 years old. We have been reading 2-4 pages a night since it is a longer book. He seems to be relieved that there is a book that he relates to! We are reading the "handling your anger" section which is very helpful. We have practiced the "Cool Down Method" several times and that seems to have been helping him. There are MANY tips available in the book for parents and teachers.

There are lots of good tips in here, many were not new but the text is well-written and directed nicely to the child. Best for older kids who really are looking for self-help. I had hoped I could use it to read to my 9 year old recently diagnosed with ADHD. Not as helpful in that sense.

I got this book for my son who is 12 to hopefully get some ideas on how to help himself slow down. In his words he liked the book and it gave him some creative ideas to help himself. Ultimately we got exactly what we wanted for the book. My son is helping me review it and wanted to give it 4 stars b/c he felt there could've been some more practice activities in it. The reading level is low to mid-range but easy enough as a parent to go over with your children, easy for kids to comprehend, and interesting enough to hold my older child's attention and get him to want to try to apply some of the concepts.

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