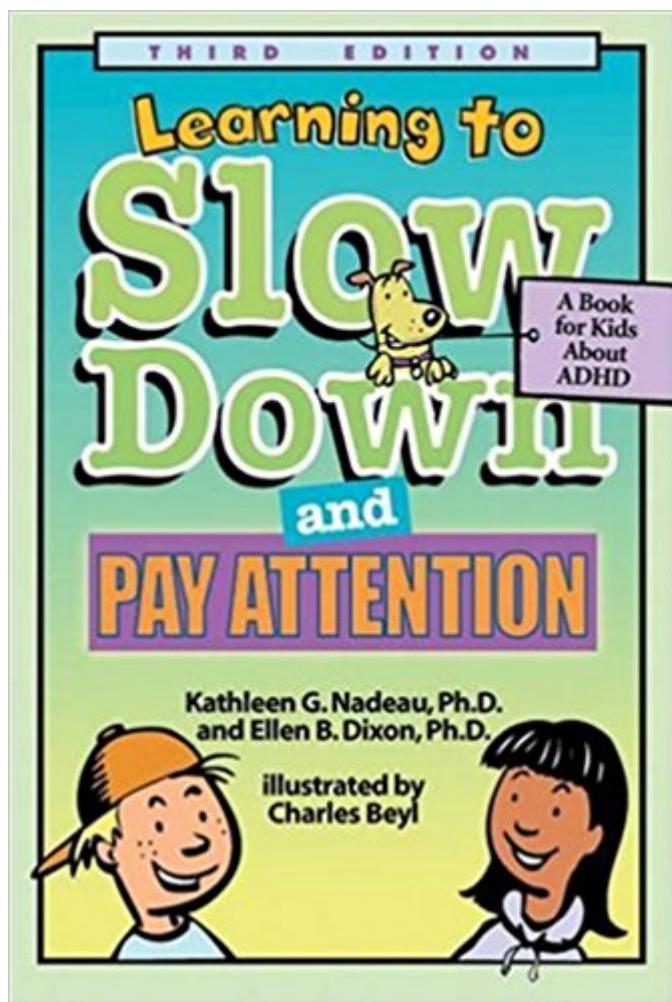


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# Learning To Slow Down & Pay Attention: A Book For Kids About ADHD



## **Synopsis**

This third edition 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 emphasizes 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)

Language: English

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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 123 customer reviews

Best Sellers Rank: #11,174 in Books (See Top 100 in Books) #31 in Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Special Needs #105 in Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Self-Esteem & Self-Respect #156 in Children's Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Emotions & Feelings

Age Range: 4 - 8 years

Grade Level: 4 - 3

## **Customer Reviews**

As a mental health professional, "Learning to Slow Down and Pay Attention" is my go to resource for ADHD. I purchase a personal copy for each one of my clients diagnosed with this condition as it promotes UNDERSTANDING, ACCEPTANCE, OWNERSHIP, and EMPOWERMENT. It's also a great tool to initiate PARENT-CHILD COMMUNICATION. I saw reviews that mentioned using it with their elementary age kids (8 and 9), but my recommendation would be to use it with middle to high school age kids. It's not the most exciting book (from a child's perspective), but it's beneficial and cost effective and written just for them. To a normal functioning individual (or even a parent or adult) these practical solutions may seem like a matter of "common sense", but to a child whose executive functioning is disrupted by ADHD they are useful tips to enhance their personal development and social skills.

I bought this book as an elementary counselor. It is very basic and written for the child to read. In terms of grade level for reading, 4th grade and up. There is a really good checklist for kids with ADHD to help them see themselves more clearly.

GREAT....really brings the child into a conversation!

My daughter loves this book. She is 8 years old, and has some attention and organization issues but not diagnosed with ADHD as of yet but borderline. Useful book on ways to improve without medication.

The students I had read this as part of our class really enjoyed it. It did not look too overwhelming.

A good starter book. Not as detailed as I hoped. Did not keep the attention of my 9 year old (adhd). Although it did help give him a better grasp of what adhd. Written well just needs to be expanded!

At first my 11 year old son did not want to read it because it looked like a little kids' book, but eventually he sat down to read it with us. He found the info on how to clean your room most helpful and we set up a "launching pad" like the book suggest. My son does not have the hyperactive part of ADHD and a lot of the book addressed issues that he does not have. When reviewing the checklists he kept saying: "That's not me." We ended up skipping parts of it. I would like to see a second version of this book geared towards tweens and I wish there was more information available for the kids that are not hyperactive and do not have behavior issues. I think this book is more for the 5-9 year old crowd, but once my son got into it he found it helpful and parts of it were very funny. I'm glad we have the book and would purchase it again.

This is a great book for kids with ADHD. My 8-yr old daughter was worried there was something seriously wrong with her when she was diagnosed with ADHD. This book helped explain that people with ADHD just think differently, and that's ok! We read the book together (I have ADHD as well), it provided all kinds of great tips for both of us. This was an excellent purchase to help any child understand that having ADHD is not a bad thing. It just means you have to do things a little different than people without ADHD.

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