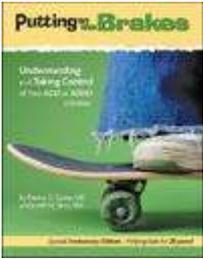
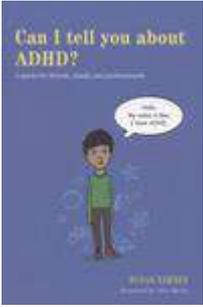
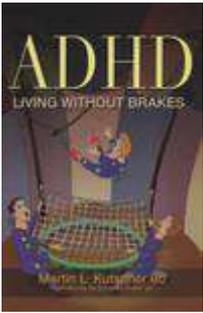
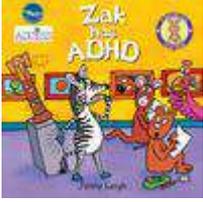
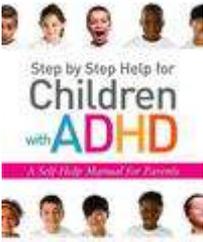
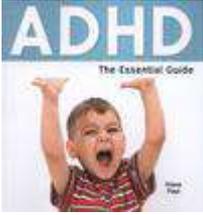
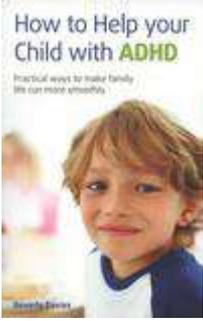
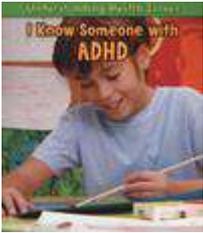


ADHD

To reserve any of the below books from your nearest library please go to www.suffolklibraries.co.uk click on 'Search and Reserve' and type in the title of the book.

Cover	Title	Author	Description
	You're so clumsy Charley : having dyspraxia, dyslexia, ADHD, Asperger's or autism does not make you stupid	Jane Binnion	Charley always seemed to get into trouble, though he didn't mean to. He was getting fed up of going to school, because he felt different than most of the other kids. Then he met Aunty Bella and everything changed.
	Putting on the brakes	Patricia O. Quinn and Judith M. Stern	Written by two nationally recognized ADHD experts, Putting on the Brakes is loaded with practical ways to improve organizational, focusing, studying, and homework skills and contains more strategies for making friends, controlling emotions, and being healthy. This book gives kids with ADHD the tools for success in and out of school and helps them to feel empowered to be the best they can be!
	Can I tell you about ADHD?	Susan Yarney and Chris Martin	Suitable for young people, aged seven and upwards, as well as parents, friends, teachers and professionals working with children with ADHD, this book can be a starting point for family and classroom discussions. It offers simple introductions to a range of limiting conditions.
	ADHD: living without brakes	Martin L. Kutscher	Realistic and optimistic, this book is the ideal source of information and advice for parents and professionals who are trying to keep up with children who are living without brakes.

	<p>Zak has ADHD</p>	<p>Jenny Leigh</p>	<p>Poor Zak the Zebra! He's naughty, rude and unpopular - but all he wants to be is just like the other children. So when Doctor Spot and his friends are brought in to help, they find he has ADHD - attention deficit hyperactivity disorder. Soon, Zak is winning gold stars for his behaviour - and making new friends!</p>
	<p>Step by step help for children with ADHD a self-help manual for parents</p>	<p>Cathy Laver-Bradbury</p>	<p>Raising a child with ADHD can be distressing and exhausting for the whole family. This easy-to-follow guide, including games, tips and exercises, will give every parent the knowledge they need to deal with the condition, which will improve your child's confidence, relationships at home and bring success at school.</p>
	<p>ADHD: the essential guide</p>	<p>Diane Paul</p>	<p>Does your child have frequent temper tantrums? Are they always fidgeting, running around screaming or falling over? This action guides you step-by-step through the action you need to take, giving you answers to all the essential questions.</p>
	<p>How to help your child with ADHD : practical ways to make family life run more smoothly</p>	<p>Beverly Davies</p>	<p>This is a practical guide that supports parents who have a child with ADHD. It gives readers the tools they need to help their child, and make family life run smoother - from how to deal with doctors and choose the right treatment to establishing household rules that benefit the whole family.</p>
	<p>I know someone with ADHD</p>	<p>Elizabeth Raum</p>	<p>This series presents common behavioural and physiological health issues in a simple and inclusive way. It demystifies common health issues and also helps afflicted children feel as though they aren't alone.</p>