

Attention, Girls!



A Guide to Learn
All About Your
AD/HD

by Patricia O. Quinn, MD
Illustrated by Carl Pearce

Patricia O Quinn MD and
Attention, Girls!: A Guide to Learn All about Your AD/HD



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Ideal for 'tween' girls (ages 7-11) who've ADD/ADHD, this title offers girls, their parents, and professionals useful tips and techniques for managing attention disorders and the many aspects of life that these disorders can affect. It includes useful lessons that are simple to apply.



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I like how it explains the different presentations I purchased this 2yrs back for my then 8yr old daughter. Working in the Mental health field myself, I have known she had Interest and disorganization problems from pre-K however nobody would officially dx her due to her age and growing changes. Great book to learn with your child This has been a great book for my 10 year old and I to read together. We read it together and she could identify with girls in the publication. I love how it explains the different presentations, i.e. not all children are hyperactive, some tend to day dream, doodle, etc. I highly recommend it...As ADD/ADHD has a different presentation in girls vs males this book did a good job of supporting my girl not experience so "different". I like to describe it as living lifestyle in first gear. I've twin young ladies with ADHD (one impulsive and hyperactive, the various other inattentive and shy). Gorski, I Think I Have Wiggle Fidgets, Barbara Esham K-3 What Were You Thinking? I wanted more "hands on" or "step by step" help for my girl. This was a quick read for me (one evening finished the reserve) but I experienced that it was a great intro for me and my girls. Helpful Advice Easy to understand and ideal for sharing with a kid Five Stars Great resource for girls. This is an excellent book for women with ADHD I've purchased many books on ADHD since my daughter has been identified as having the inattentive type and after realizing that We myself struggle with it. For the most part, I have not found the books to end up being very useful as they generally apply to hyperactive boys. The symptoms appear very differently in young ladies, which explains why on average ladies are not diagnosed until age 12 after years of struggling. In my own daughter's case, she started having a whole lot of stress and anxiety around the second grade. Kids with ADHD are deficient in magnesium, zinc and omega 3 essential fatty acids. She had always been sluggish with homework, getting dressed, and almost everything. This is a great insight into how my daughters feel This is an excellent insight into how my daughters feel. This publication does an excellent work of explaining the symptoms of ADHD in young ladies and provides concrete suggestions for coping with it. I'd also recommend a vitamin product called Child Calm by Natural Vitality. It wasn't before third quality that it really began interfering with her college performance. In addition to the child Calm, I provide my daughter an Animal Parade chewable zinc tablet ,as the Kid Calm does not have much zinc. Think again. Great book! My 7 year aged daughter was identified as having ADHD two months ago. We did not know anything about ADHD or how to explain it to our daughter. I ordered this book for her and another ADHD publication written by the same author for myself and my husband. Jim Forgan 1-2 MY PAL Has ADHD, Amanda Tourville 1-3 My Warp Rate Mind, Donalisa Helsley Otto Learns About His Medicine, Dr.. It really is targeted for a slightly older generation than my 7 12 months old but she has still gotten a lot from it.. (interrupting), Julia Cook Terrific Teddy's Excessive Energy, Dr. Still use this bok for reference. Personally i think better able to set them up for achievement knowing a bit about their perspective. My daughter is 9 and was needs to feel like the only female with ADHD My daughter is 9 and was beginning to feel just like the only girl with ADHD. We are scanning this book together and she is more understanding of her diagnosis..I purchased this book to greatly help normalize items for my child mainly because she had no knowledge of why she couldn't pay attention. It has really helped her are more comfortable with asking queries and for her to understand that she actually is not alone with this condition. Great Book My girl read this publication and she has a better understanding what ADHD is certainly. Interesting and helpful, however, not what I hoped for basedan on the book's explanation or the author's popularity. By introducing different characters in the publication that screen different symptoms of ADHD, it is easy to experience as though you aren't alone also to relate. This

regime provides help so much! Believed this would be considered a good book. Three Stars A touch too much technical detail. Perfect books for girls with ADD Perfect books for women with ADD. Daughter has yet to read it, but I did and expect her to like learning there are other ladies like her! Found it to be severe and depressing. This reserve is realistic and written for girls who are struggling with their understanding of how to navigate everyday existence with ADHD. It was scary for her at first not really understanding what ADHD was however the book not only produced her and us realize that it isn't that scary but it also has a large amount of great suggestions that she has had the opportunity to get excited about. Excellent ! Disability recognition and acceptance are common traits of successful learners and adults with AD/HD. Along with therapists and SPED teachers, parents play a critical role in helping children understand and cope with their disabilities. Be sure to recommend these assets to your friends as well as your child's teachers. Here are other outstanding books for children and teens with AD/HD. For kids who are not being go through to, it's essential that parents read the book also and begin an ongoing discussion. Grades K-2 Shelley, The Hyperactive Turtle, Deborah Moss Mrs. I saw a lot of actions that I hadn't linked to ADHD. (impulsivity), Bryan Smith My Mouth Is a Volcano! Interesting, but not much different than what I read free of charge online. My girl loves this publication and it has made her feel so far better being able to identify with the personas in the book.



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