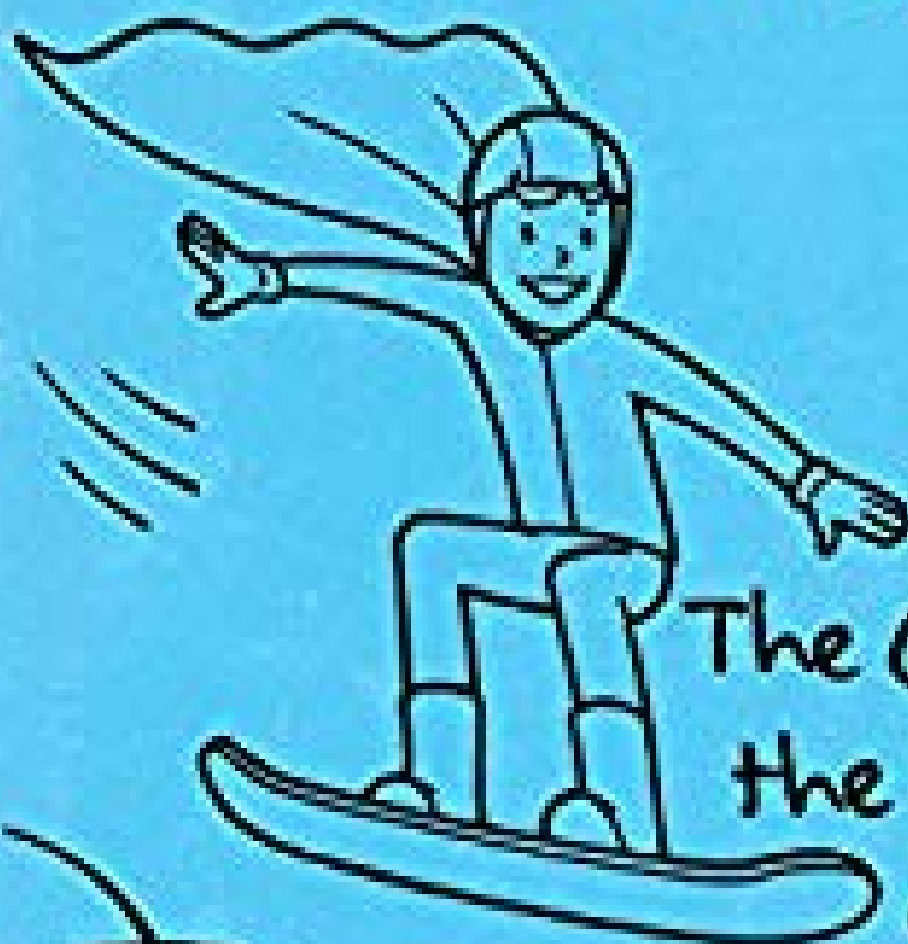


JOURNAL of an ADHD KID



The GOOD,
the BAD,
and
the USEFUL

Tobias Stumpf
with Dawn Schaefer Stumpf

Tobias Stumpf

Journal of an ADHD Kid: The Good, the Bad, and the Useful



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2014 ForeWord Reviews' INDIEFAB Publication of the Year Awards Finalist: Juvenile non-fiction category For kids with ADHD, reading *Journal of an ADHD Kid* is a chance to get to know themselves (and their medical diagnosis) far better! Toby, the narrator, relates his experiences dealing with life as an ADHD child within an authentic kid's voice that's sometimes funny, occasionally exasperated, occasionally proud, illustrating the range of emotions that kids with ADHD/ADD feel. From factual statements about an ADHD medical diagnosis to whether to inform friends and teachers, and from understanding both the good and bad aspects of ADHD to what might help with the disorder, there's a lot of solid information, psychological support, and tips for kids and teens. The book provides info in a frank, upbeat, conversational manner and offers thought-provoking questions designed to help visitors recognize how ADHD/ADD affects them and develop better suggestions for handling difficult circumstances within their own lives.



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The strategies Tobias is rolling out to deal with his ADHD will ideally help others to control their lives too. Written from middle school boy perspective Written from 12-14 year outdated boy perspective. I was searching for a book to help my girl better understand her ADHD diagnosis and was also (per her therapist) trying to provide her an outlet on her behalf thoughts in the form of a journal-- this book did it all. My child is 8 yrs . old and was identified as having ADHD when she was 5/6. After a number of various efforts to mitigate her symptoms, I began her on medicine in 2014-- and promptly found alleviation for my struggling, shiny little girl.. The book is certainly in the format of a journal as informed by 11-yr outdated Toby, with space on your own kid's thoughts and feelings. Before reading the book I knew very little about ADHD, only that young people were often identified as having it and treated with medicine. My girl refers back to that book all the time-- she not longer fights me taking her medicine because she understands why she is acquiring it, she searches for a pillow today when she gets frustrated, she is not freaked out by her vision tick, but simply shrugs and says- "eh, I have ADHD, sometimes ticks are a part of that. ADHD can isolate, it isn't something that we discuss with others due to not wanting our children judged. As a parent, that's what I liked most. Many thanks, Tobias Stumpf and family. He really enjoyed this publication and also used it to jot down .. I only lately place a name to the diagnosis for her-- before now I had defined it as "turbo brain"-- but she actually is in a good place to understand and this publication has helped put it all in perspective for her-- on her behalf level. Bought this book for our 11 year old son who all has been really arriving at terms along with his ADHD and anxiety problems. He really enjoyed this publication and also used it to jot down his thoughts and responses. I highly recommend this reserve to any child and his/her parent who are trying to find a way to work through the myriad, baffling, strangely magical quirks that make up our beautiful children with this diagnosis. It was just a reserve to learn but a literal journal to help them think even more about who he is and why he's great. I'm not allowed to learn his responses, and it hasn't gotten gone some of our "issues" but it do help with producing him feel like he isn't the only one out there. A Gift Thank you so much for composing this book. My 10 year old son was formally diagnosed last week and it has been psychological for al of us. After reading, I sensed so much less alone. I am so happy I purchased it. After reading it myself, I handed it to my boy. I went downstairs to take care of some items and he arrived and discovered me and asked if we could chat. I laid with him while he browse the first chapter and he was smiling ear canal to ear. His eye instantly lit up and he started laughing and saying he loved it currently (before reading it). He wanted to go back through all the chapters together and talk about his own experiences and have questions. This reserve is a gift. Thank you. My child found this publication a tremendous help. My son cherished this book and actually connected with the writer. It helped him to become more understanding of stuff out of his control, to be less difficult on himself also to develop strategies to help himself with factors he knows he'll struggle with. Tobias was very brave to create this publication. It transformed homework period from challenging to a simple half hour. He needed enough time to decompress. At the end of your day we really want him to find out how exactly to manage and deal with his diagnosis, and this publication has helped tremendously. You are not alone This is a fantastic resource for parents with a newly diagnosed ADHD child. It is a quick browse for the mother or father, about 30 minutes, to be able to determine if you want your child to be exposed to the information. I believe this book would be especially beneficial for other teenagers with ADHD that have the same struggles that Tobias provides experienced. I purchased a few books for me which one caught my attention." Toby was able to show her she is not odd or alone in the emotions and frustrations of trying to get through her daily routines and struggles. I must admit

that every chapter we read, I'm amazed how accurate it really is to her. Many thanks for this wonderful book. It is a lifesaver for me and can hopefully help my child to keep up confidence and self-esteem through the turbulent middle school years. 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. My ADHD child wasn't buying into scanning this, but I enjoyed it as a mother or father. Also you can find great small check lists to help guide the thought procedure and encourage your child to put his/her personal thoughts down. I did so. Knowing that there are several others, exactly like Tobias, which have same frustrating issues with school, family members and life in general, would help. Yes! I learned a great deal I just finished reading the book, Journal of an ADHD Child and I found it facinating and entertaining. The words Tobias writes come from the heart and from his real-life experiences. We am a member of the same community in central Minnesota as Tobias. He is a great consumer of mine at the Farmers Market and I coached his journeying basketball team 2 yrs ago. I read it with my 8 year old boy who just got identified as having ADHD-Hyperactive. For example, after reading this reserve he suggested by himself that he should spend an hour outside playing after college and before homework. He realizes he might be opening himself to teasing or possibly bullying; but he wants to tell his story to greatly help others. I believe this book will accomplish just that. Five Stars Very helpful in gaining understanding. Great book! He's a very intelligent, compassionate son. Very useful for parents aswell My adhd son likes it My adhd son likes it Good book -too critical for my child though. The questions by the end of each chapter were helpful aswell, even though he was extremely reluctant to answer them at first. Love an ADHD book written to kids My daughter wants me personally to read this reserve to her every evening - she could carry out it herself but she really loves it when We read it to her. Because of this book, the world opens up a bit, and we find others who possess the same struggles and recognize that we are not by yourself. It certainly helps for both of us to understand that these behaviors she displays have a lot to do with her wiring and not her just trying to be difficult. Thank you, Tobias Stumpf and Family! Bought for grandson in middle school. It helped both folks understand the disability a little more and help reassure my boy that he's not the only one with this disability and that there surely is nothing to be ashamed of... Learning about ADHD from the perspective of a middle school young man that has it, made the reading very authentic. Gave me some insight, since it's based in someone's real encounters. Maybe I'll keep attempting to sneak it over to my kid. Just what a kid!



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