

MY AMAZING ADHD BRAIN

A Child's Guide to Thriving with ADHD

Emily Snape

MY AMAZING ADHD BRAIN



Copyright © Emily Snape, 2024

All illustrations by Emily Snape

Text peer-reviewed by Clinical Psychologist Dr Poppy Harding

All rights reserved.

No part of this book may be reproduced by any means, nor transmitted, nor translated into a machine language, without the written permission of the publishers.

Emily Snape has asserted their right to be identified as the author of this work in accordance with sections 77 and 78 of the Copyright, Designs and Patents Act 1988.

Condition of Sale

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, resold, hired out or otherwise circulated in any form of binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

An Hachette UK Company

www.hachette.co.uk

Vie Books, an imprint of Summersdale Publishers

Part of Octopus Publishing Group Limited

Carmelite House

50 Victoria Embankment

LONDON

EC4Y 0DZ

UK

www.summersdale.com

Printed and bound in China

ISBN: 978-1-83799-126-6

Substantial discounts on bulk quantities of Summersdale books are available to corporations, professional associations and other organizations. For details contact general enquiries: telephone: +44 (0) 1243 771107 or email: enquiries@summersdale.com.

Neither the author nor the publisher can be held responsible for any loss or claim arising out of the use, or misuse, of the suggestions made herein. None of the views or suggestions in this book are intended to replace medical opinion from a doctor. If you have concerns about your health or that of a child in your care, please seek advice from a medical professional.

Everyone with ADHD thinks and feels differently, but we can have a LOT in common.

Some of my ADHD traits make things tricky.

I find it hard to sit still in school and I can get really upset when things don't go my way. It often takes a long time to feel calm again.

But, my ADHD characteristics are the things I LOVE most about myself and actually make me EXTRA brilliant at certain things!

I would love to tell you about my special ADHD super talents and how I'm learning how to make mindful choices...



Having ADHD can help me come up with

incredible ideas!



I love model-making. My ADHD makes me really creative and I'm very good at coming up with original ideas. I want to be an inventor when I grow up!

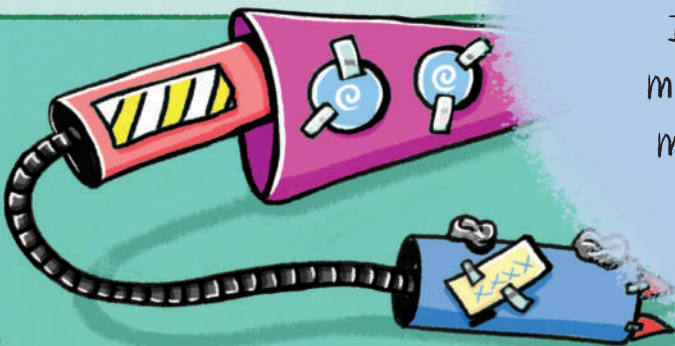
What do you love to do?



PIP'S TIP

When I'm busy, my room can get pretty messy. It's SO annoying when I LOSE things.

I've discovered that if I take 5 minutes to tidy my room, it helps me stay organized so I can find what I'm looking for.

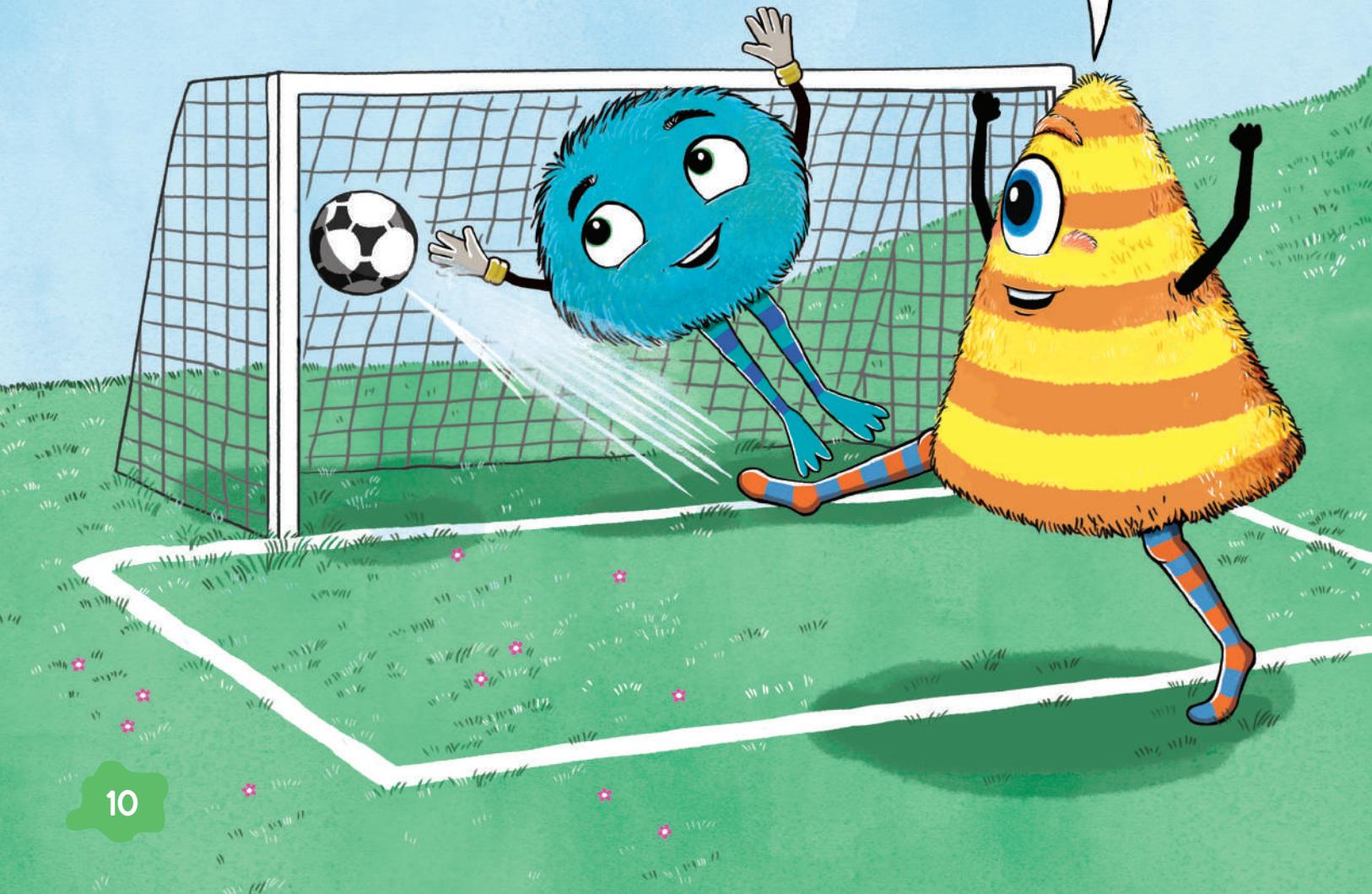


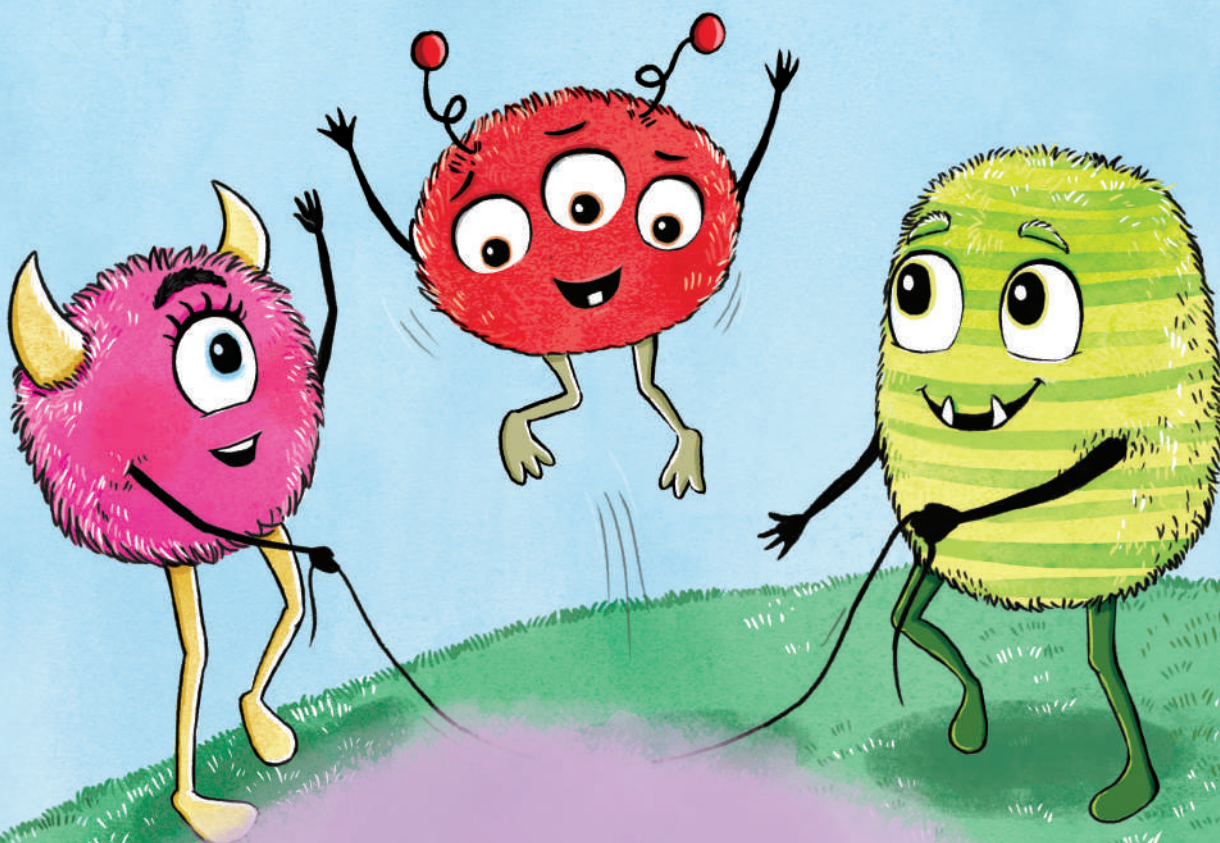
Having ADHD can help me have

loads of energy!

I can find it hard to sit still. Sometimes I just have to move.

I love running, jumping and skipping. You should see me in the playground!





PIP'S TIP

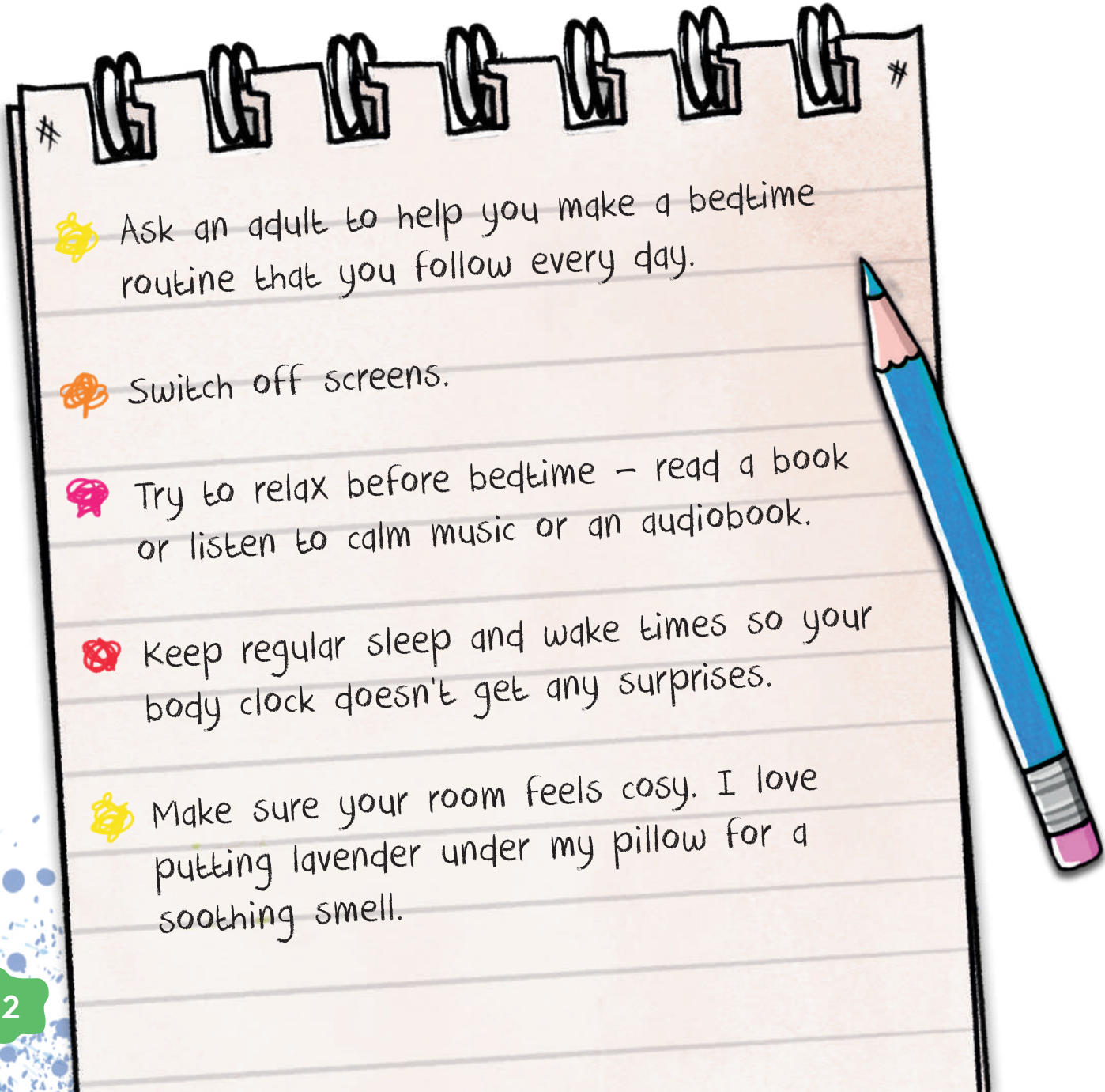
At school, adults can help me in lessons by:

- 🌀 Giving me opportunities to move around (this is often called a "movement break").
- 🌀 Working in a smaller room to limit distractions.
- 🌀 Breaking down tasks into smaller chunks.

I can also get REALLY tired in the middle of the day.

The best way to deal with this is by getting enough sleep at bedtime.

ADHD can make sleeping difficult so here's what I've learnt about how to get a grrreat night's sleep (so I can feel extra bouncy the next day)...



Ask an adult to help you make a bedtime routine that you follow every day.

Switch off screens.

Try to relax before bedtime – read a book or listen to calm music or an audiobook.

Keep regular sleep and wake times so your body clock doesn't get any surprises.

Make sure your room feels cosy. I love putting lavender under my pillow for a soothing smell.

PIP'S TIP

A weighted blanket can help you feel calm and cosy. If you don't have a weighted blanket, an adult can help by tucking a duvet in around you.

I'm having the BEST stinky sock dream!

