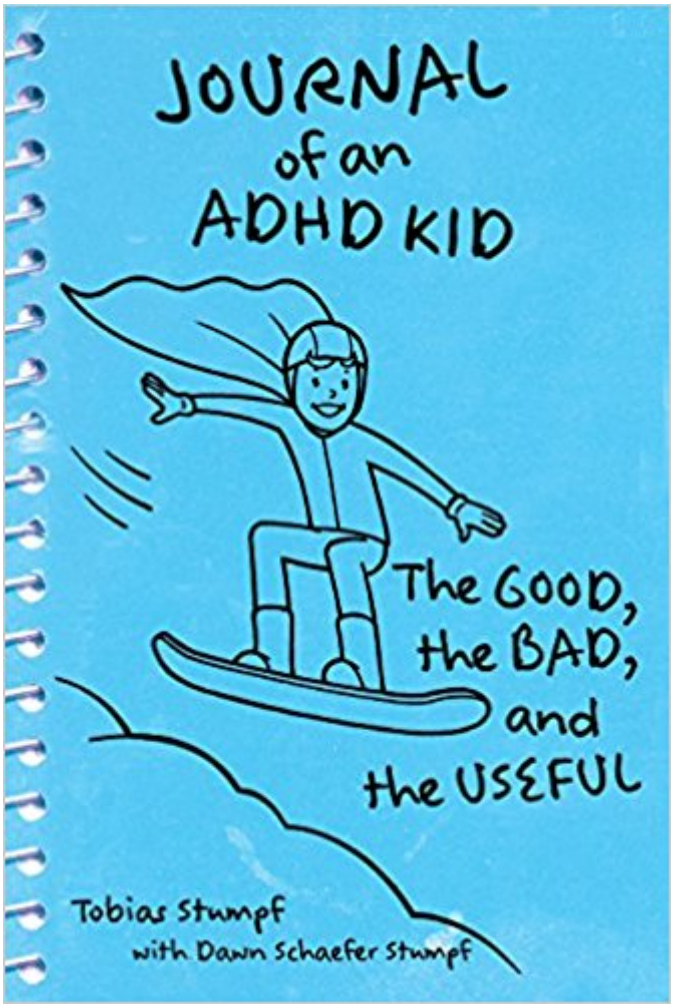
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# Journal Of An ADHD Kid: The Good, The Bad, And The Useful




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## Synopsis

2014 ForeWord Reviews' INDIEFAB Book of the Year Awards Finalist: Juvenile NonFiction category For kids with ADHD, reading Journal of an ADHD Kid is a chance to get to know themselves (and their diagnosis) much better! Toby, the narrator, relates his experiences coping with life as an ADHD kid in an authentic kid's voice that is sometimes funny, sometimes exasperated, sometimes proud, illustrating the range of emotions that kids with ADHD/ADD feel. The book provides information in a frank, upbeat, conversational manner and offers thought-provoking questions designed to help readers recognize how ADHD/ADD affects them and then come up with better ideas for handling difficult situations in their own lives. From facts about an ADHD diagnosis to whether to tell friends and teachers, and from understanding both the good and bad aspects of ADHD to what can help with the disorder, there's plenty of solid information, emotional support, and tips for kids and teens.

## Book Information

Paperback: 136 pages

Publisher: Woodbine House (September 15, 2014)

Language: English

ISBN-10: 1606132504

ISBN-13: 978-1606132500

Product Dimensions: 5.9 x 0.4 x 8.9 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars 17 customer reviews

Best Sellers Rank: #96,589 in Books (See Top 100 in Books) #32 inÃ Â Books > Health, Fitness & Dieting > Children's Health > Learning Disorders #160 inÃ Â Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Special Needs

Age Range: 8 - 12 years

Grade Level: 3 - 8

## Customer Reviews

This book is a must read for all young people with ADHD who need to be reassured that they are not alone! --Federation for Children with Special Needs, Newsline, Fall 2014The format of this book is perfect for a child with ADHD (late elementary to middle school level) and their parents, teachers and caregivers. This book would complement a library's section on special needs and disabilities. --CAPHIS Consumer Connections

Tobias Stumpf enjoys playing drums and guitar, golfing, snowboarding, and being a normal kid with ADHD. He is on a mission to share that it's OK to have ADHD.  Dawn Schaefer Stumpf, Tobias's mother, is an elementary educator with over twenty years' experience working with children.

excellent book, intend to use it with the students i work with.

This is a great book for helping kids understand their ADHD. I started reading at bed time with my 8 year old son and was unsure how he'd react to it. After one chapter he asked if we could keep reading and after a few more chapters he told me I should have bought this for him sooner. When I told him we would read more the next day he stayed up reading to himself for an hour and then wanted to re-read with me the next day. Highly recommend for parents and kids.

My stepson loves this book. He is 11 and also dyslexic. He has read this book 3 times since Christmas.

I bought 2 copies, one for myself as a kindergarten teacher, the other for my grandson who has ADHD. I love how open Toby is with his feelings and talks about some issues he has had that ware probably hard to open up about. I think his topics were spot on and addressed most things that kids with ADHD go thru and I appreciate how he talks about how he handles them. Above all, I adore Toby's positive attitude and self acceptance!! It is obvious Toby has a great deal of family support, and I would hope that any parent reading this book, see thru Toby's eyes how very important and vital that is!My copy is now on loan to our local Marriage Family Therapist, who is planning on making copies available for her families!

Great book for kids in grades 3-8.Here are some other superb books for children and teens with AD/HD.Grades K-3Mrs. Gorski, I Think I Have Wiggle Fidgets, Barbara EshamMy Warp Speed Mind, Donalisa HelsleyOtto Learns About His Medicine, Matthew GalvinShelley, The Hyperactive Turtle, Deborah MossMy Friend Has ADHD, Amanda Tourville80HD: A ChildÃƒÂ¢Ã â ¬Ã â„¢s Perspective On ADHD, Trish WoodTerrific TeddyÃƒÂ¢Ã â ¬Ã â„¢s Excessive Energy, Jim Forgan1-3AnnieÃƒÂ¢Ã â ¬Ã â„¢s Plan: Taking Charge of Schoolwork and Homework (attention, time management, organization, homework), Jeanne KrausK-6All Dogs Have ADHD, Kathy Hoopmann2-6Jeanne Kraus- Get Ready for Jetty! My Journal About ADHD and Me, Cory Stories: A KidÃƒÂ¢Ã â ¬Ã â„¢s Book about Living with ADHD3-6Captain Underpants series, Dav PilkeySlam

Dunk: A Young BoyÃƒÂ¢Ã â ¬Ã â„¢s Struggle with Attention Deficit Disorder, Roberta Parker3-7SparkyÃƒÂ¢Ã â ¬Ã â„¢s Excellent Misadventures: My ADD Journal, Phyllis CarpenterThe Survival Guide For Kids With ADD or ADHD, John Taylor4-12Positively ADD: Real Success Stories to Inspire Your Dreams, Catherine CormanADHD and Me: What I Learned from Lighting Fires at the Dinner Table, Blake Taylor4-8Joey Pigza series, Jack Gantos6-12ADHD in HD: Brains Gone Wild, Jonathan ChesnerA BirdÃƒÂ¢Ã â ¬Ã â„¢s-Eye View of Life with ADD and ADHD, Chris Zeigler DendyThe Sensory Team Handbook (for sensory processing/integration symptoms of AD/HD), Nancy Mucklow8-12Understand Your Brain, Get More Done: The ADHD Executive Functions Workbook, Ari Tuckman

I was looking for a book to help my daughter better understand her ADHD diagnosis and was also (per her therapist) trying to give her an outlet for her thoughts in the form of a journal-- this book did it all. My daughter is 8 years old and was diagnosed with ADHD when she was 5/6. After a number of various efforts to mitigate her symptoms, I started her on medication in 2014-- and promptly found relief for my struggling, bright little girl. I only recently put a name to the diagnosis for her-- before now I had described it as "turbo brain"-- but she is in a good place to understand and this book has helped put it all in perspective for her-- on her level. The book is in the format of a journal as told by 11-yr old Toby, with space for your own kid’s thoughts and feelings. Also there are great little check lists to help guide the thought process and encourage your child to put his/her own thoughts down. My daughter refers back to that book all the time-- she not longer fights me taking her medication because she understands why she is taking it, she looks for a pillow now when she gets frustrated, she is not freaked out by her eye tick, but just shrugs and says- "eh, I have ADHD, sometimes ticks are a part of that." Toby was able to show her she is not odd or alone in the feelings and frustrations of trying to get through her daily routines and struggles. I highly recommend this book to any kid 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. Thank you, Tobias Stumpf and family.

I just read Journal of an ADHD Kid and it was great. I am 9 years old and have ADHD too. I was able to make lots of connections and feel better about myself. When I read the first chapter, I had so many connections, I looked on the cover to see if my name was on it. Before reading this I was feeling a bit alone and kind of down on myself. This book helped me learn more about ADHD and realize that its not that bad at all. At the end of each chapter I liked answering the questions and it made me crack up a few times. I would recommend this book to every single kid with ADHD. It

helped me feel good about being different. I think other kids with ADHD will have lots of connections too.

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