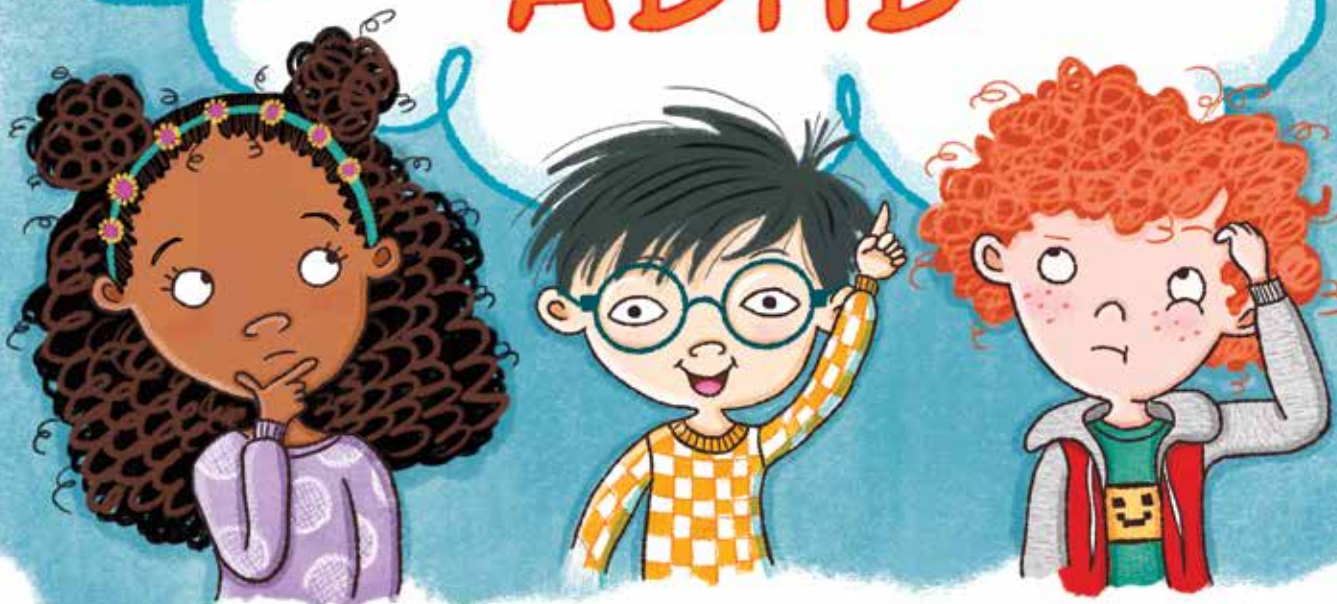


DIFFERENT THINKERS ADHD



by Katia Fredriksen, PhD & Yael Rothman, PhD
pictures by Jennifer Ball-Cordero

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Boys Town, Nebraska

DIFFERENT THINKERS: ADHD

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More Praise for *Different Thinkers: ADHD*

"Finally! A book that explains ADHD to the elementary school set in a super-relatable and super-readable format.

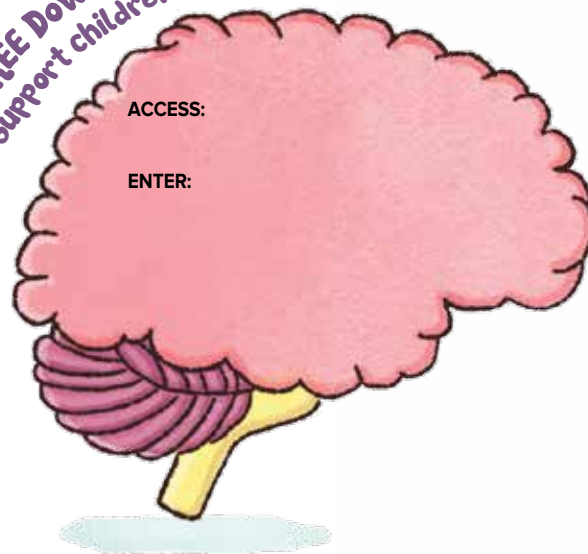
Different Thinkers: ADHD is filled with real-life examples that draw the reader in as well as strategies and conversation starters for parents and educators to use. The authors, Drs. Fredriksen and Rothman, pepper the book with reminders that children with ADHD are not flawed nor alone, have both strengths and challenges, and, most importantly, that different thinkers help move the world forward!"

– LESLIE JOSEL, *ADDitude* magazine's
"Dear ADHD Family Coach" columnist

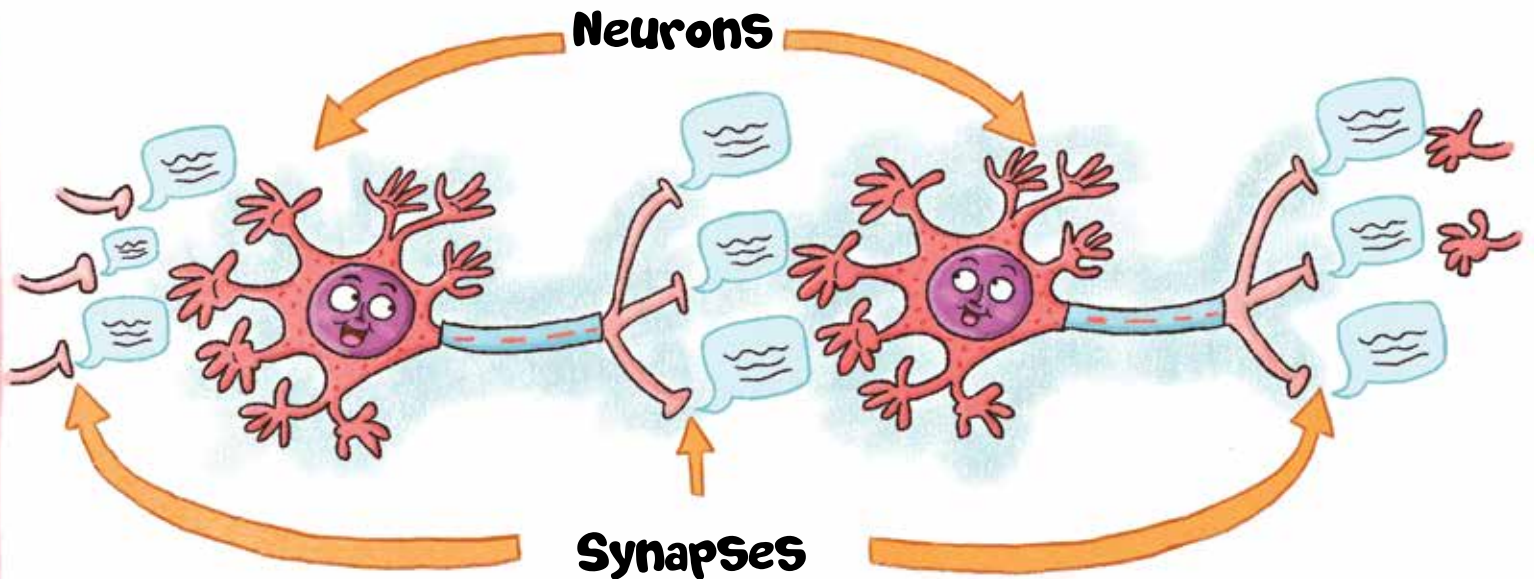
FREE Downloadable Pages
to support children who have ADHD

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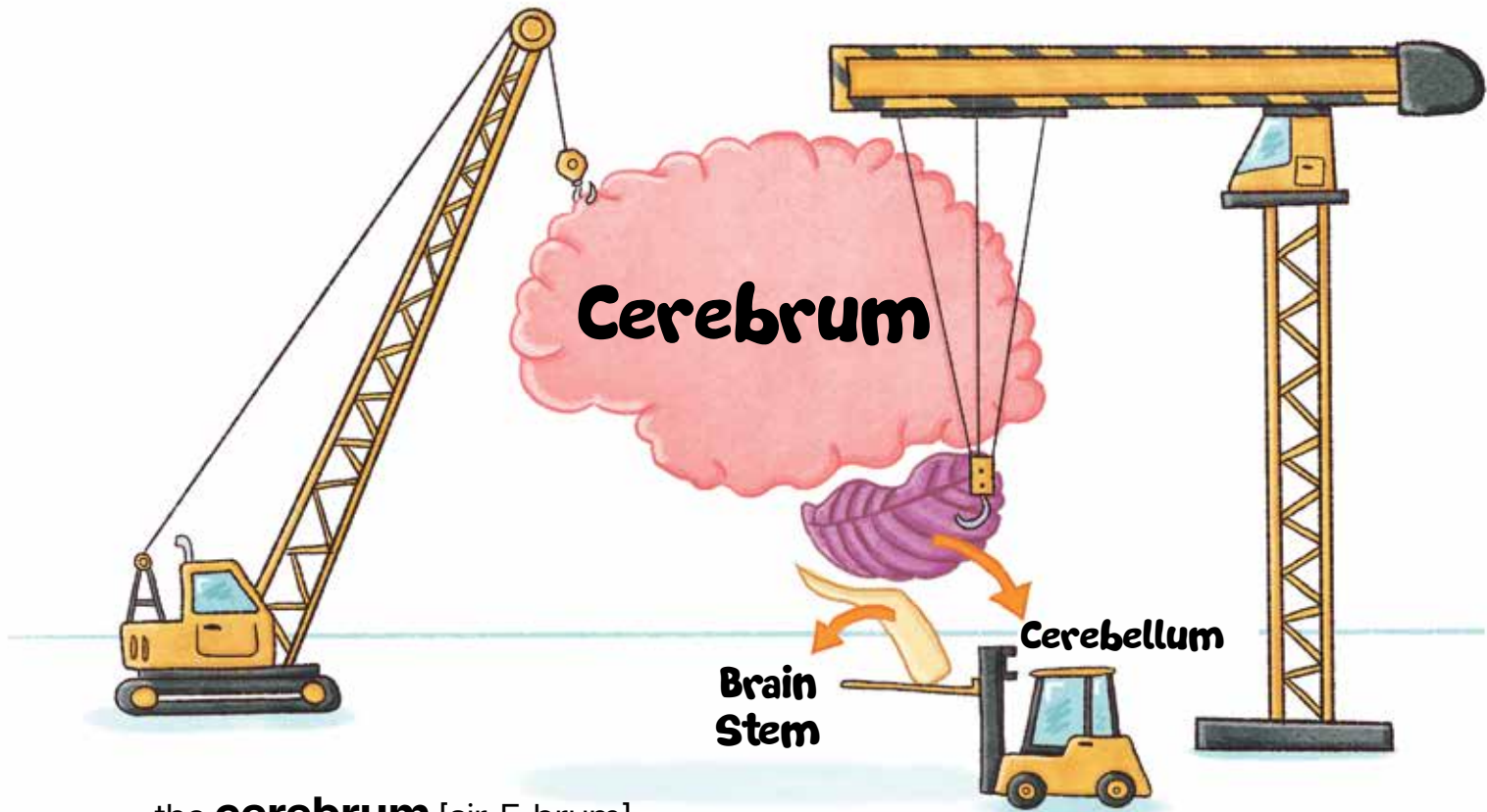


Have you ever wondered what's inside your head? If you could peek inside, you would find the most important organ in your body – your amazing brain!



It is made up of billions of tiny brain cells called **neurons** [pronounced nUr-ons] that communicate with each other through connections called **synapses** [pronounced sin-apps-Es].

There are three main parts of the brain:



the **cerebrum** [sir-E-brum],
the **cerebellum** [ser-uh-bell-um],
and the **brain stem**.

The cerebrum is the biggest part of your brain. It has two halves, called hemispheres. Each hemisphere is divided into four smaller parts called lobes.



**Kids like us, who have ADHD,
are different thinkers,**

which means we may have special ways of seeing and doing things. The world was not built for different thinkers, so there are some things that can be harder for kids like us.





But being a different thinker can also be an amazing thing. Different thinkers help move the world forward. We see things differently, so we can come up with new ideas, inventions, art, and more.





**Kids with
ADHD have
lots of
strengths.**

We can really focus on and stick with activities that are important to us, which can help us gain a lot of knowledge or develop more advanced skills. For example, James builds the most amazing creations.





We often have an adventurous spirit and are excited to try new things and create. We are spontaneous, energetic, and fun-loving. For example, Ella has a fantastic imagination and loves telling stories. And Sammy is passionate about his art.

Kids CAN and DO thrive with ADHD

Empower them to overcome challenges and embrace their strengths!

In this gently worded and informative guide, children and their families learn what it means to have attention deficit hyperactivity disorder, how the human brain works, and why being a different thinker can lead to more creativity, curiosity, and resiliency.

Three vignettes feature relatable characters named James, Sammy, and Ella. Each has a different combination of symptoms they need to manage in order to flourish in school, at home, and in life. Using plain language, candid illustrations, and thought-provoking prompts, *Different Thinkers: ADHD* helps children understand their diagnosis, explains different ways to address behavioral challenges, and emphasizes finding and encouraging a child's individual strengths and passions.

This is the first title in the *Different Thinkers* series, created to guide, support, and help neurodivergent children and their families successfully reach their life goals.

“Different Thinkers ADHD can help young children learn about the amazing brain and its unique learning styles, along with helping them understand the challenges and gifts of ADHD. I love the interactive portion of the book that allows children to individualize the book to their own experience. It’s a great book for parents, clinicians, teachers, and kids!”

– Tina Payne Bryson, LCSW, Ph.D., *New York Times* bestselling co-author of *The Whole-Brain Child* and *No-Drama Discipline*, and author of *The Bottom Line for Baby*



DR. KATIA FREDRIKSEN and DR. YAEL ROTHMAN are pediatric neuropsychologists who specialize in evaluating children, adolescents, and young adults with a wide range of conditions that impact learning, attention, behavior, and executive and/or socioemotional functioning. Both have been published in numerous peer-reviewed journals and have presented at national and international conferences. They disseminate practical, evidence-based information for parents and professionals on their Instagram account @neuropsychmomdocs.

JENNIFER BALL-CORDERO is a children's book illustrator/designer in the greater New York City metro area. She holds a BFA in visual communication design and is an active member of the Long Island Chapter of the Society of Children's Book Writers and Illustrators.



Pages 3-7, 10-23, and 28-39 are not included in this excerpt.