

# James has ADHD

written by Jill Heyes

illustrated by Aarron Wynne

In lots of ways we are all the same.

We have 2 eyes, 2 hands, 2 feet, and 1 nose.



We all eat food, we all go to the toilet, and we all need to sleep.

But we don't all have the same coloured eyes, or like to eat the same foods, or sleep for the same amount of time.



Some of us are very good at art, or football, or music, or reading. Some of us are still trying to understand those things, but we are all good at something.

James is good at:

Writing

front flips into the water

gardening and planting flowers

helping at home

Lots of us need extra help with things.

I wear glasses, because I need help to see things.

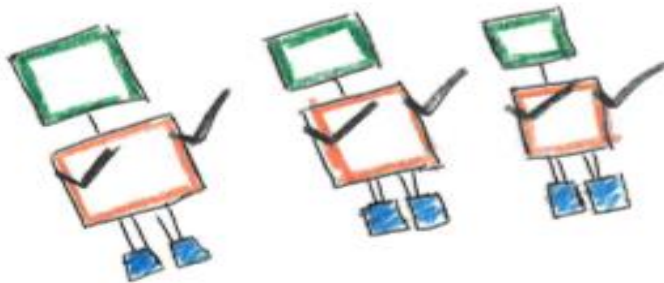


I also need help to remember things, so I write things down a lot.

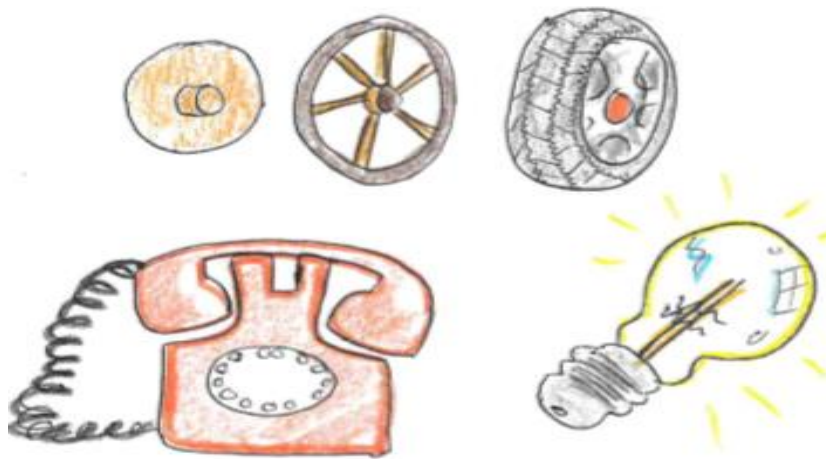
Some people need help to move around, or hear properly, or to listen, or play X Box, or be angry without upsetting everyone else, or to get enough sleep.

Lots of us have bodies and brains which work in the same way as each other, but some of us don't.

Which is good, because if we all said, did, liked and thought the same things, the world could be quite boring...



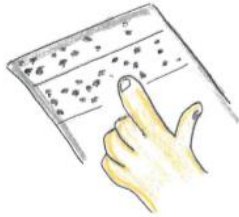
... and nothing new would ever have been invented.



Sometimes we meet someone who moves in a different way from us,



or reads in a different way,



or behaves in a different way.



If we don't understand why they do that, it can be confusing and frustrating for us.

But life can also be confusing and frustrating for them. They can feel anxious. Sometimes James feels angry.

Someone who has ADHD can find it difficult to:

- pay attention and focus on what they should be doing or on what someone is saying,
- keep their bodies or thoughts still,



Or stop themselves JUST saying or doing things... without thinking about the consequences.



That can be scary and frustrating for the people around them.

James' family worry that he might not be safe,

and that he might not be learning at school,

and then he might not be able to do what he wants when he gets older.

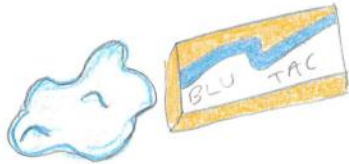
His teachers worry about the same things.

James' sisters feel lonely sometimes. They want to play with James, but James takes all the toys, or storms off.

James needs us all to understand that he doesn't have "anger issues", but he does get angry, just as we all do at times.

We need to understand that sometimes James can't help doing some of the things he does, and he needs our help.

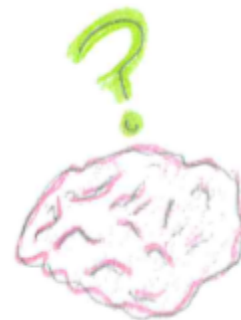
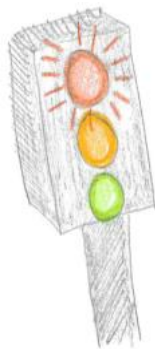
Having some blu tack to fiddle with can help him to concentrate. What else can help him?



*Going for a run can help him.*

*For others not to "have a go" at him when he is angry.*

James says his brain is like fireworks, but not when he is running. Running helps him to keep his thoughts still.



We need to help James to STOP and THINK before he does things. Then we will know he is safe.

How can we do that? Try *reading a book with him, or give him a responsible job to do. James likes to help tidy up.*



Sometimes he gets things wrong just because he's James, not because he has ADHD.

Then he needs reminding how to behave, just like everyone else.

We all get things wrong sometimes. That's how we learn!

