The "Putting on the Brakes" Activity Book for Young People with ADHD

Aimed at parenting/childcare for ages 8 – 13. The “Putting on the Brakes” Activity Book for Young People with ADHD provides dozens of ways to spark and hold the interest of young readers with Attention Deficit Hyperactivity Disorder.

Designed as the companion to the extraordinarily popular Putting on the Brakes: Young People’s Guide to Understanding Attention Deficit Hyperactivity Disorder (ADHD), this book allows children to put their understanding of ADHD into action. Using pictures, puzzles, and other techniques to assist in the learning of a range of skills, this book helps teach problems solving, organizing, setting priorities, planning, maintaining control – all of those hard-to-learn skills that make everyday life just a little more manageable. Throughout, clear, encouraging instructions provide support even when a given project seems “too tough.”

Topics covered include:

- Developing Skills
- Understanding yourself
- Getting organized
- Following directions
- Studying effectively
- Making friends
- Finding support
These are quotes about the book:

“I think kids will have a lot of fun doing these activities. The book gives kids a framework to try new ideas that will help them grow.” – Susan Ritzer, School Guidance Counsellor

“The “Putting on the Brakes” Activity Book will become a benchmark for helping ADHD kids understand and cope with their disorder. I highly recommend it!” – Mark M Jacob, President/Founder Peninsula Attention Deficit Disorder Association

“Children with ADHD learn best by doing and that’s what The “Putting on the Brakes” Activity Book is all about. I found it to be a wonderful way to help children understand how ADHD affects them, as well as helping them to develop their coping skills. I especially liked the helpful hints offered by children with ADHD. This book would be fun and useful for any child.” – Karen J Miller, M.D., Developmental Paediatrician

About the authors:
Patricia O Quinn, M.D., is a developmental paediatrician practising in the Washington, DC area. She specializes in child development and psychopharmacology, and works extensively in the areas of attention deficit hyperactivity disorder, learning disabilities, and mental retardation. She gives workshops and has published widely in these fields.
Judith Stern, M.A., is an educational consultant with extensive experience as a special education teacher and reading specialist. She conducts information and training programs for parents and teachers in the areas of learning disabilities and attention deficit disorder.