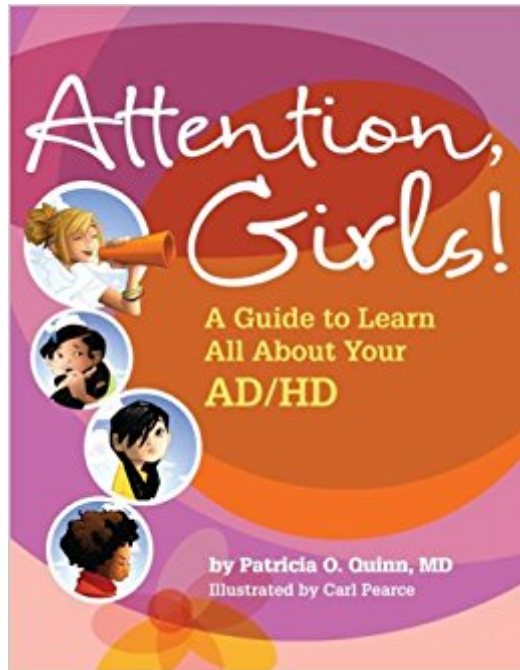


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# Attention, Girls!: A Guide To Learn All About Your Ad/Hd



## Synopsis

Suitable for 'tween' girls (ages 7-11) who have ADD/ADHD, this title offers girls, their parents, and professionals practical tips and techniques for managing attention disorders and the many aspects of life that these disorders can affect. It includes useful lessons that are simple to apply.

## Book Information

Paperback: 112 pages

Publisher: Magination Pr; 1 edition (April 15, 2009)

Language: English

ISBN-10: 1433804484

ISBN-13: 978-1433804489

Product Dimensions: 0.2 x 7 x 9 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 42 customer reviews

Best Sellers Rank: #108,761 in Books (See Top 100 in Books) #38 in [Books > Health, Fitness & Dieting > Children's Health > Learning Disorders](#) #568 in [Books > Children's Books >](#)

[Growing Up & Facts of Life > Health](#) #1475 in [Books > Medical Books > Psychology > General](#)

Age Range: 9 - 12 years

Grade Level: 4 - 7

## Customer Reviews

Grade 5  
•Quinn has attention deficit hyperactivity disorder and is a medical doctor; she addresses the types of AD/HD; who can help; differences between girls and boys with AD/HD; making friends; talking with adults about the condition; relaxation techniques; and medication. Her aim is to give girls a variety of ways to manage their disorders. She has created fictional AD/HD girls with various problems and situations that readers might face and then provides a variety of solutions. She suggests that her book does not need to be read in chapter order and that girls should begin with the topics of their greatest concern. The book is attractive and inviting with colorful cartoon illustrations, sidebars, and highlighted reminders. Beth Walker's *The Girls' Guide to AD/HD* (Woodbine, 2005) covers most of the same topics, but is not as visually appealing.  
•Elaine Lesh Morgan, Multnomah County Library, Portland, OR  
END --This text refers to the Hardcover edition.

Patricia O. Quinn, MD, is the author of the award-winning *Attention, Girls! A Guide to Learning about*

Your ADHD and 100 Questions and Answers about ADHD in Women and Girls. She cofounded the National Center for Girls and Women with ADHD in 1997, and is currently the director. Carl Pearce lives in North Wales with his wife, Ceri. When not lost in his illustration work, he enjoys watching films, reading books and taking long walks along the beach. Growing up, Carl could not decide whether to be a Policeman, Fireman or a Ghostbuster. In the end he graduated from the North Wales School of Art and Design as an Illustrator. He has illustrated many books for children.

I purchased this 2yrs ago for my then 8yr old daughter. Working in the Mental health field myself, I have known she had Attention and disorganization issues from pre-K however no one would officially dx her due to her age and growing changes. I bought this book to help normalize things for my child as she had no understanding of why she couldn't pay attention. We read it together and she was able to identify with the girls in the book. I like how it explains the different presentations, i.e. not all kids are hyperactive, some tend to day dream, doodle, etc.... As ADD/ADHD has a different presentation in girls vs boys this book did a good job of helping my girl not feel so "different".

Read this hoping it would be good for my 7 year old niece with ADHD. It has a lot of good information, but it is definitely geared toward older girls-- there is just TOO MUCH information on each page for a tween, too many words. I work with grades K-9, and I think this book would be ok for girls ages 10-15, but not for the littler ones. I even had a hard time making myself read it because of having so many words per page and so few headings or 'summary' features! Sorry the photos aren't very good but it gives you an idea of the text density. There are cute graphic-novel-style illustrations on several pages, but there is still just way too much text for a 7-year-old, even one without ADHD. I've decided to get 'Get Ready for Jetty My Journal About ADHD and Me' and 'The Survival Guide for Kids with ADHD' instead. When she's a little older, I'll probably get the books by Judith M. Glasser, like 'Learning to Feel Good and Stay Cool', and 'Learning to Slow Down and Pay Attention'. These seem to have a lot of good information but in a format that is more accessible to kids around 9-10 years old.

This is a great insight into how my daughters feel. I have twin girls with ADHD (one impulsive and hyperactive, the other inattentive and shy). I saw a lot of actions that I hadn't connected with ADHD. I feel better able to set them up for success knowing a bit about their perspective. This was a quick read for me (one evening finished the book) but I felt that it was a great introduction for me and my girls. By introducing different characters in the book that display different symptoms of ADHD, it is

easy to feel as though you are not alone and to relate.

My 7 year old daughter was diagnosed with ADHD a couple of months ago. We did not know anything about ADHD or how to explain it to our daughter. I ordered this book for her and another ADHD book written by the same author for myself and my husband. My daughter loves this book and it has made her feel so much better being able to identify with the characters in the book. It was scary for her at first not understanding what ADHD was but the book not only made her and us realize that it isn't that scary but it also has a lot of great tips that she has been able to get excited about. It is targeted for a slightly older age group than my 7 year old but she has still gotten a lot from it. I highly recommend it.

My daughter is 9 and was starting to feel like the only girl with ADHD. We are reading this book together and she is more understanding of her diagnosis. This book is realistic and written for young girls who are struggling with their understanding of how to navigate everyday life with ADHD.

Interesting and helpful, but not what I hoped for based on the book's description or the author's reputation. I wanted more "hands on" or "step by step" help for my daughter.

I have been working through it with my daughter who was recently diagnosed with ADHD. It gave us both great tools for talking about it and making strategies for dealing with it. We will read a chapter and then talk and let it sink in for a while and then come back to it again in a few days or a week.

My daughter had all sorts of questions regarding her diagnosis. This book helped her to realize her symptoms and made her less anxious about the future. It had practical suggestions and helped her feel more at-ease.

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