

For Children with Short Attention, High Activity Level, or ADHD

Being read to is a part of a rich childhood and will help your child develop and learn. Your toddler or preschool child enjoys special time cuddling up with you, even for short periods, and sharing something colorful and interesting. However, at times your preschooler may be constantly on the move and may not seem to want to pay attention. He may be very active or have difficulty following directions, waiting, or taking turns, and you may wonder if he has ADHD (Attention Deficit Hyperactivity Disorder). These behaviors can be common at his age, but may also be a concern to talk about with his teacher and healthcare provider. If his healthcare provider shares your concern about ADHD, there are many fun activities you can do at home to help him.

Find a quiet place and read together for short periods of time. Over time, this will help him to listen and learn, and he will let you know that he is sharing a meaningful experience with you. His enjoyment can be your guide to choosing a book at the right level; you can try a book for an older age or go back to an old favorite. Reading aloud strengthens his speech and language skills, helps to make reading fun, and gives him a gift that will last for life—the love of books.

READING TIPS FOR YOUR

Toddler

- **Sing along with the book.**
- **Talk about the pictures and read the text. Help your toddler point to objects in the book.** Ask questions about the story as a way to hold her interest.
- **Break up short periods of reading time with play time.**
- **Continue to read for a few more minutes even if she squirms off your lap.** She may still be listening to the story even though she is playing.
- **Reading time can help your energetic child get ready for naps and bedtime.**

READING TIPS FOR YOUR

Preschool or School-Age Child

- **Sit together to read when your child is relaxed and receptive,** after returning from the park or before bedtime.
- **Turn off the TV and radio and find a quiet spot to sit together to read.**
- **Choose books that interest her,** such as books on animals or sports.
- **Read aloud and talk about the pictures.** Let her pick books, and ask her to read aloud.
- **Praise her efforts at reading!**
- **Early reading and writing skills develop at the same time, so help her to use crayons, markers, and paint to draw pictures.**



TODDLER SUGGESTED BOOKS

The Itsy Bitsy Spider
by Rosemary Wells

If You're Happy and You Know It
by Annie Kubler

Ring Around a Rosie
by Annie Kubler

Row, Row, Row Your Boat
by Annie Kubler

PRESCHOOL OR SCHOOL-AGE SUGGESTED BOOKS

The Adventures of Taxi Dog
by Debra and Sai Barracca

Tyrannosaurus Wrecks!
by Sudipta Bardhan-Quallen

The Day the Teacher Went Bananas
by James Howe



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RESOURCES

BOOKS FOR OLDER CHILDREN

All Dogs Have ADHD (Ages 4–9)
by Kathy Hoopmann (2008)

My Friend Has ADHD (Ages 4–10)
by Kristin Sorra and Amanda Doering Tourville (2010)

Shelley, The Hyperactive Turtle (Ages 4 and older)
by Deborah M. Moss (1989)

Mrs. Gorski, I Think I Have the Wiggle Fidgets (Ages 5–8)
by Barbara Esham (2018)

Terrific Teddy's Excessive Energy (Ages 5–9)
By Jim Forgan (2015)

BOOKS FOR PARENTS

ADHD: What Every Parent Needs to Know
by Michael I. Reiff (2011)

Parenting Children with ADHD: 10 Lessons that Medicine Cannot Teach
by Vincent J. Monastra (2014)

The ADD & ADHD Answer Book: Professional Answers to 275 of the Top Questions Parents Ask
by Susan Ashley (2005)

100 Questions & Answers About Your Child's ADHD: From Preschool To College
by Ruth D. Nass and Fern Leventhal (2010)

ORGANIZATIONS (find all web resources at reachoutandread.org/ddresources)

Centers for Disease Control and Prevention
cdc.gov/actearly

Children and Adults with Attention Deficit/Hyperactivity Disorder (CHADD)
chadd.org or help4adhd.org

Healthy Children from the American Academy of Pediatrics
healthychildren.org

Understood: For Learning and Attention Issues
understood.org

MEDIA AND TECHNOLOGY RECOMMENDATIONS

- Young children love TV, iPads, videos, and electronic games, but they don't learn as much from looking at screens or pushing buttons as from spending time reading and playing games with family.
- For children under two years old, the American Academy of Pediatrics (AAP) advises electronic media only for video phone calls with people close to them, such as parents deployed overseas or grandparents.
- For older children, the AAP suggests no more than one hour a day of high-quality programs (such as Public Television).
- Sit with her while she is watching TV or other media, and talk about what she sees.
- If he struggles to turn off the TV or put down the iPad, it may be a good idea to eliminate screen time altogether by leaving the TV off and not giving him a cellphone.
- Of course, put away your own electronics. Instead, play, sing, talk and read with him.
- For more information on media and technology use, visit healthychildren.org/english/family-life/media/pages/default.aspx

Reading tips on the opposite side

