

Table of Contents

Footnote References2	Ho-Hum, I'm Bored!36
Introduction for Teachers and Parents3	Contract37
	Keys to Success #5.38
Chapter One	
Understanding ADHD	
ADHD—That's Me!5	
A Is for Attention6	
D Is for Deficit7	
H Is for Hyperactivity8	
D Stands for Disorder.9	
Keys to Success #110	
Be Prepared11	
How Does It Feel?12	
It's in the Family.13	
Keys to Success #214	
Sugar and Spice It's Not.15	
Eat Smart!16	
Charting My Diet.17	
It's a Distraction18	
Test A.19	
Test B.20	
It's Not Caused by Schools21	
Keys to Success #322	
Chapter Two	
Learning Despite ADHD	
I Must Champion Myself.23	
What! Me? Overreact? Never!!!24	
My Own Architect.25	
Come About!26	
Tools of the Trade27	
Focusing Puzzle.28	
A Child's Space29	
Snail's Pace or Cheetah's Speed?30	
Keys to Success #431	
Try Some Exercise32	
Stop, Wait, and Think.33	
A Very Long List34	
At the End of the Line35	
Chapter Three	
Coping In Relationships	
All In a H.U.F.F.39	
Go Away Anger40	
Molehills or Mountains41	
Stop and Think.42	
Consequences and Lessons43	
Keys to Success #644	
C.L.O.W.N. Around45	
Nobody's Perfect.46	
Rules and Consequences47	
Time-Ins48	
Keys to Success #749	
Chapter Four	
Celebrating ADHD	
Excel!50	
Leonardo da Vinci51	
Say and Do!52	
Say and Do Stories53	
Keys to Success #854	
Diagnosing Self55	
Popular People56	
Inventors.57	
Keys to Success #958	
Uniquely Me59	
Stand Up and Take a Bow60	
Starlight Self-Talks.61	
Keys to Success #1062	
Pre and Post Test63	
Award Certificate and Answer Key64	