

# ADHD Brain

*Racing Cars and Whirlwinds*

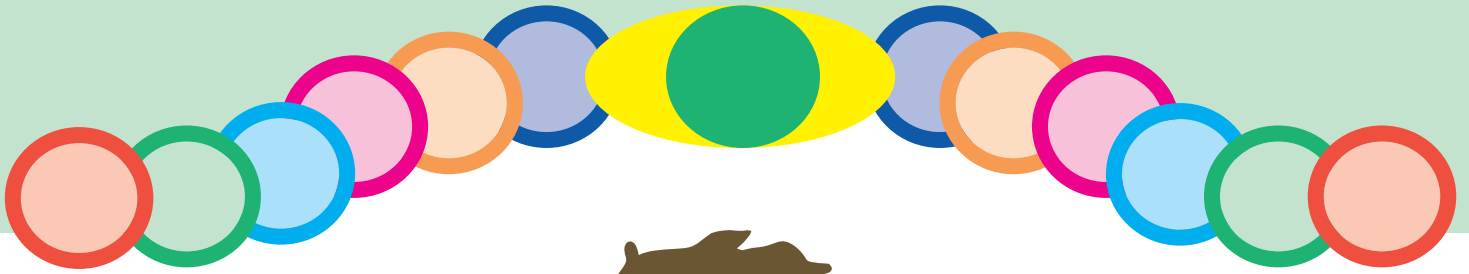
A story book for children  
5 to 12 year olds and families



Written by



Dr Chinnaiah Yemula    Dr Laura MacKinnon



Dr Best

Hi Boys and Girls,

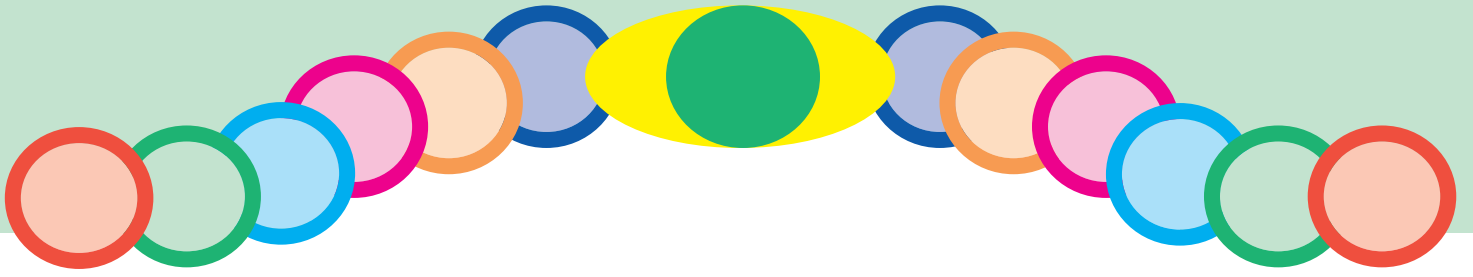
This is the story of children who have ADHD and how their brain works.

Miss Midnight



I wonder what ADHD means?





Let me introduce you to the children in the story..

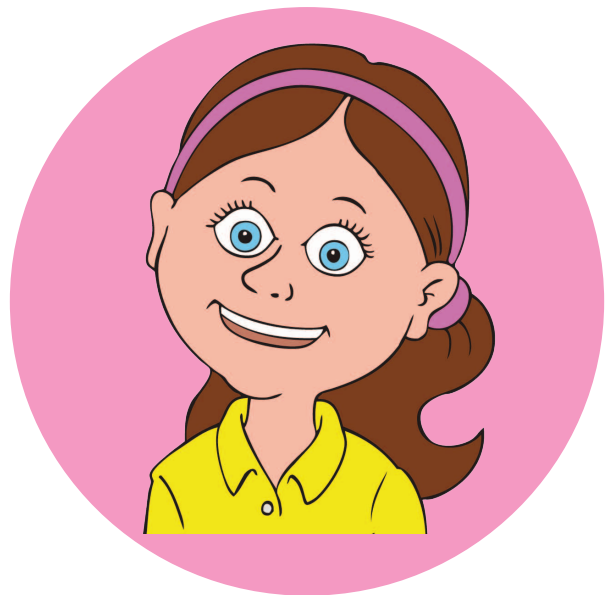
Buzz



Bobby

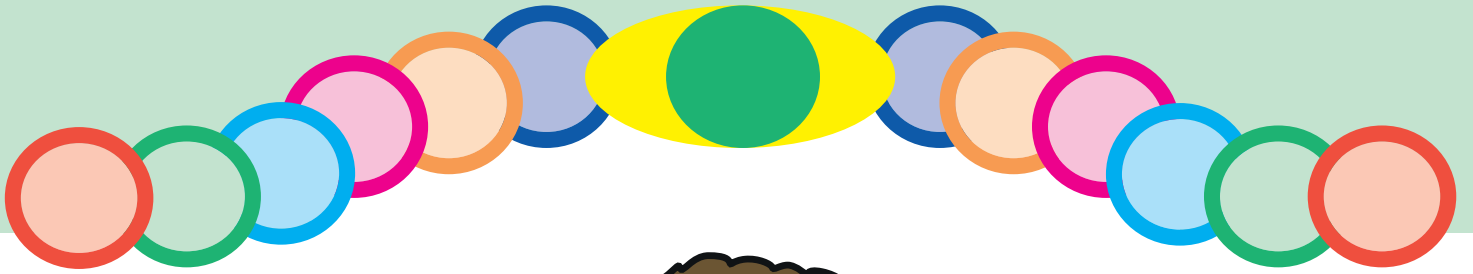


Stacey



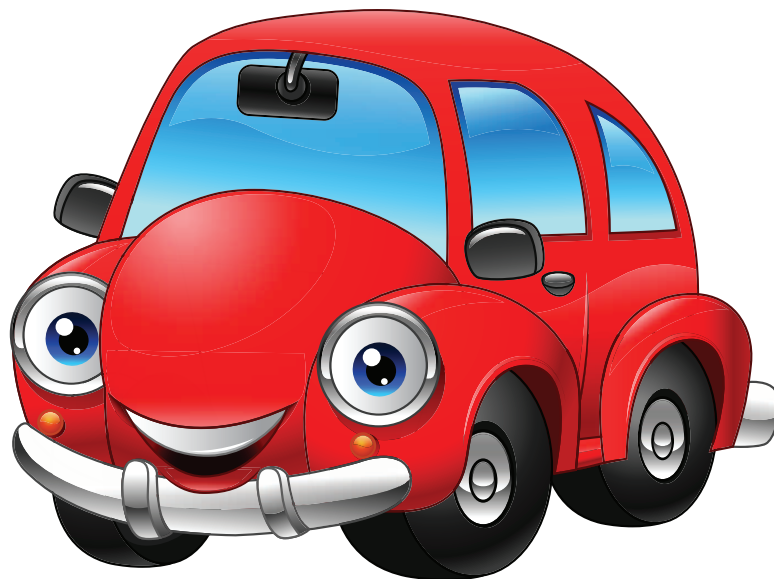
Daisy

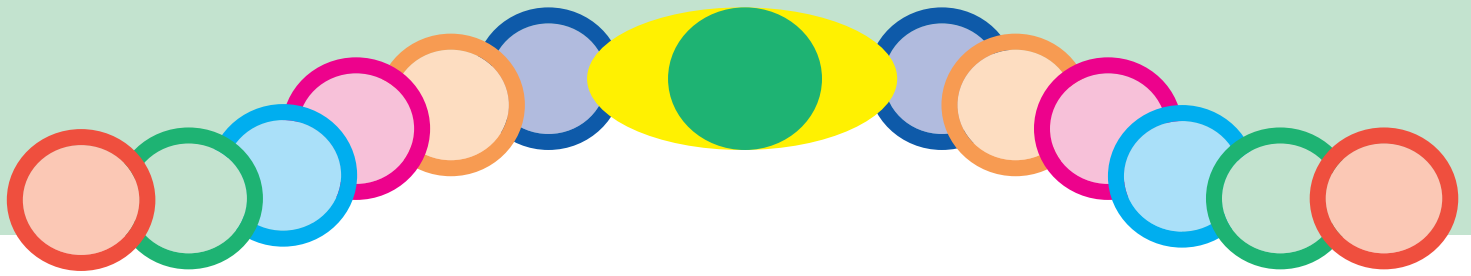




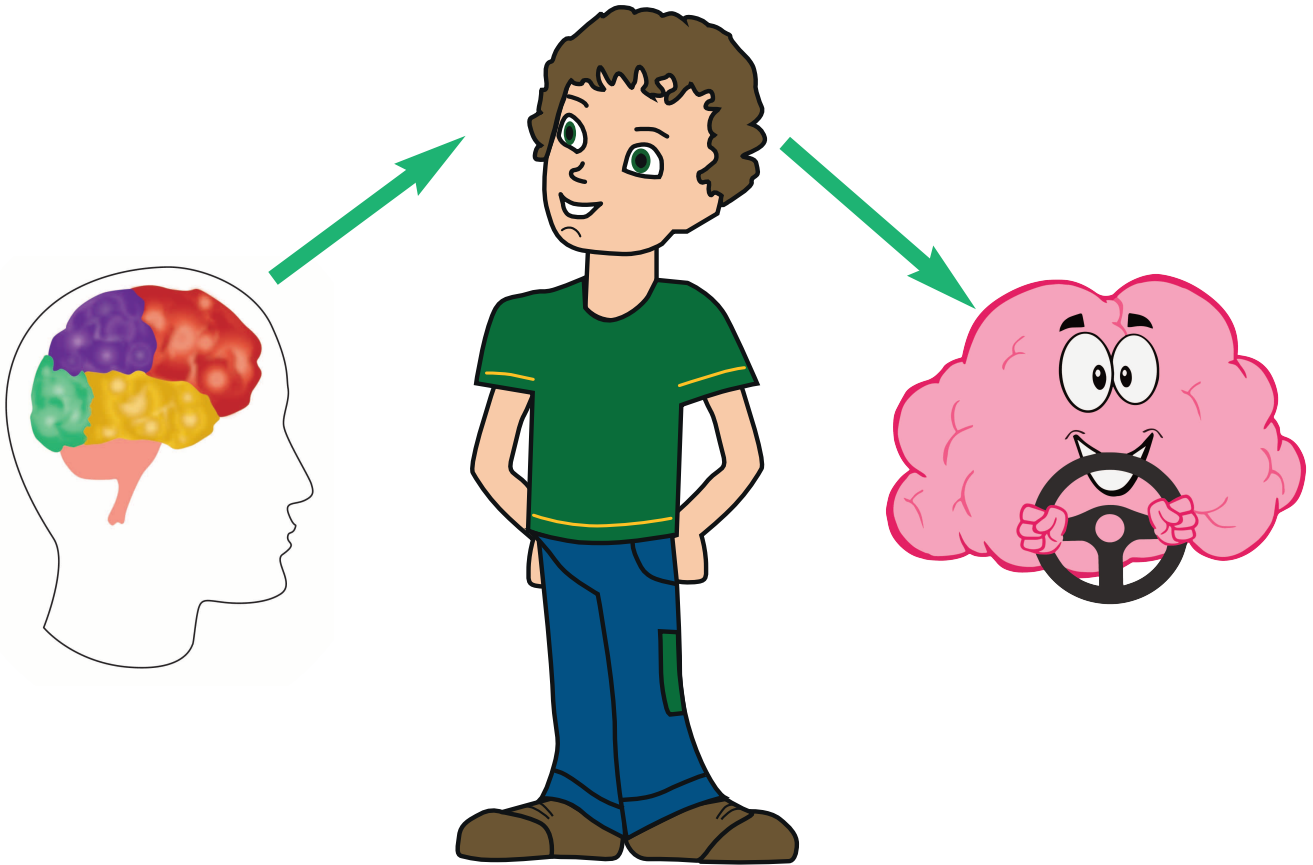
Bobby

Bobby is a 9-year-old happy and cheerful boy. His brain is like a regular car with a normal engine but with strong brakes.





Bobby

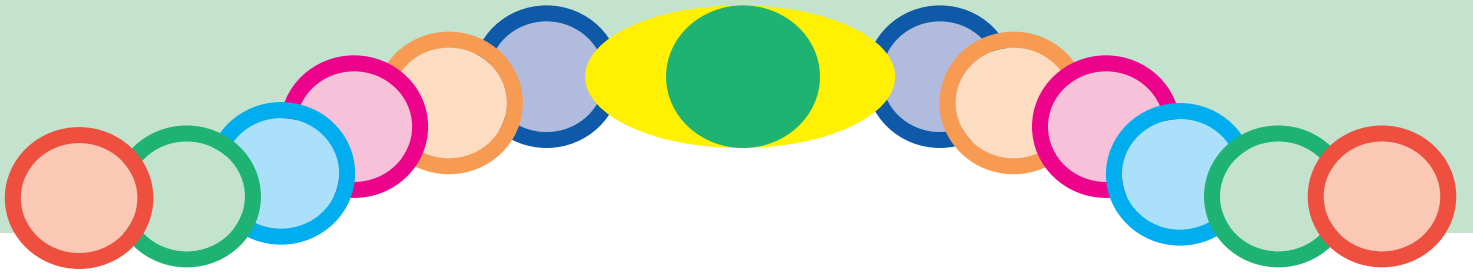


He can use the brakes and stop his car when someone is crossing the road.

He knows to slow down when going uphill and at traffic lights. He can stop his car when his friends ask for a lift.

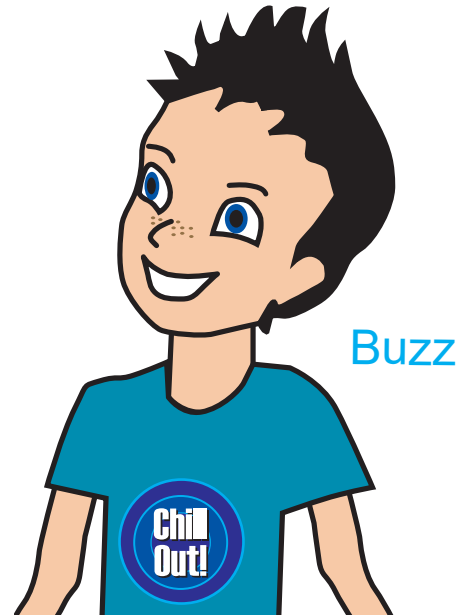
He is very much in control.



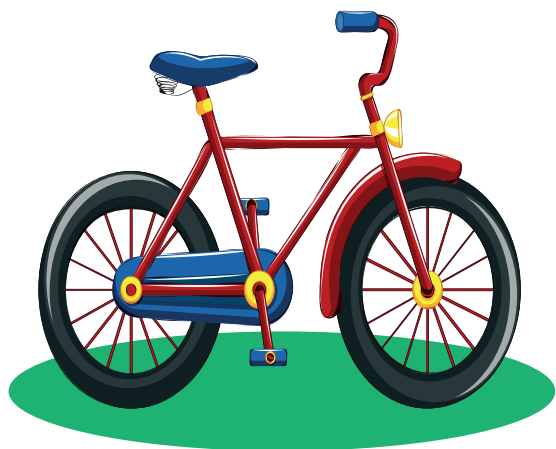


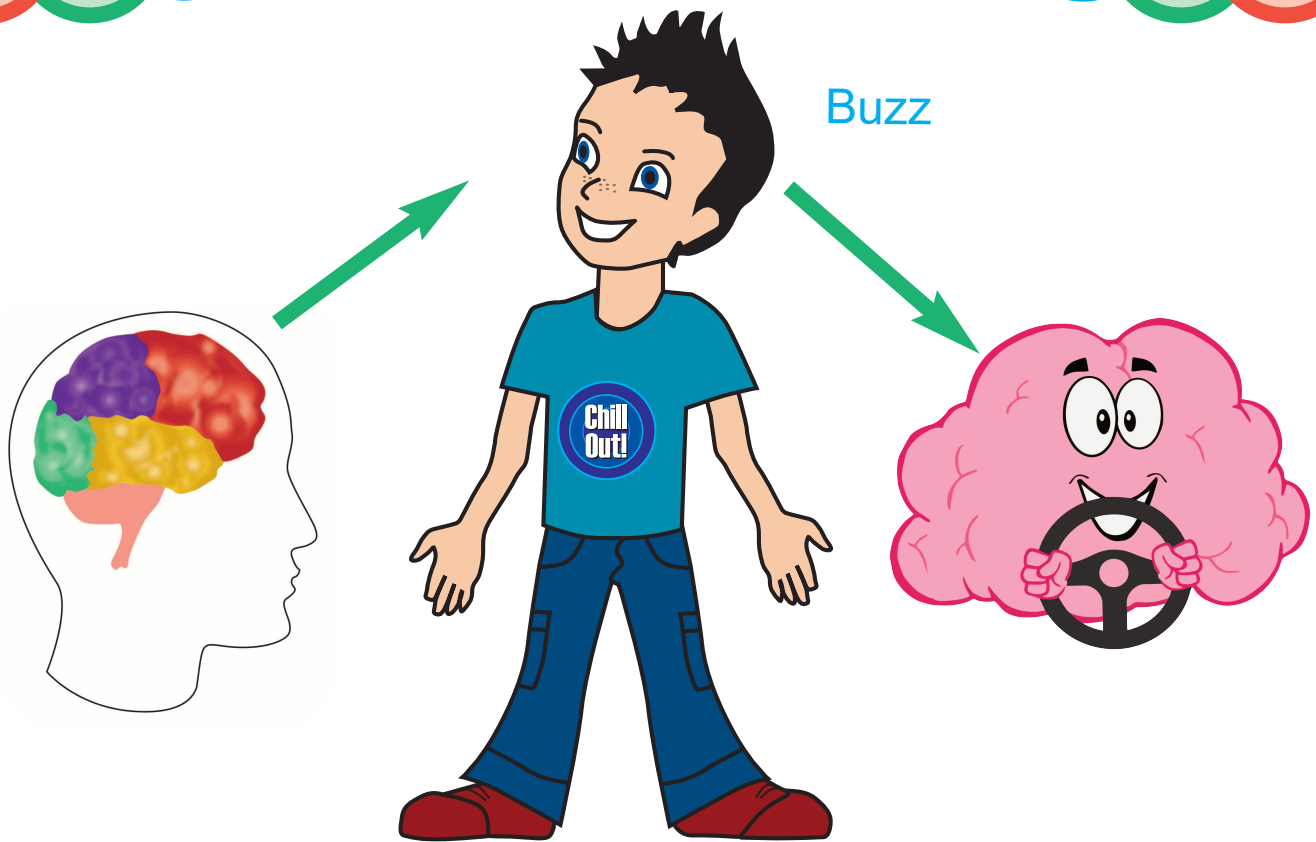
Buzz is a 9-year-old sporty and friendly boy.

His brain is like a racing car with a super strong engine...



But with bicycle brakes.





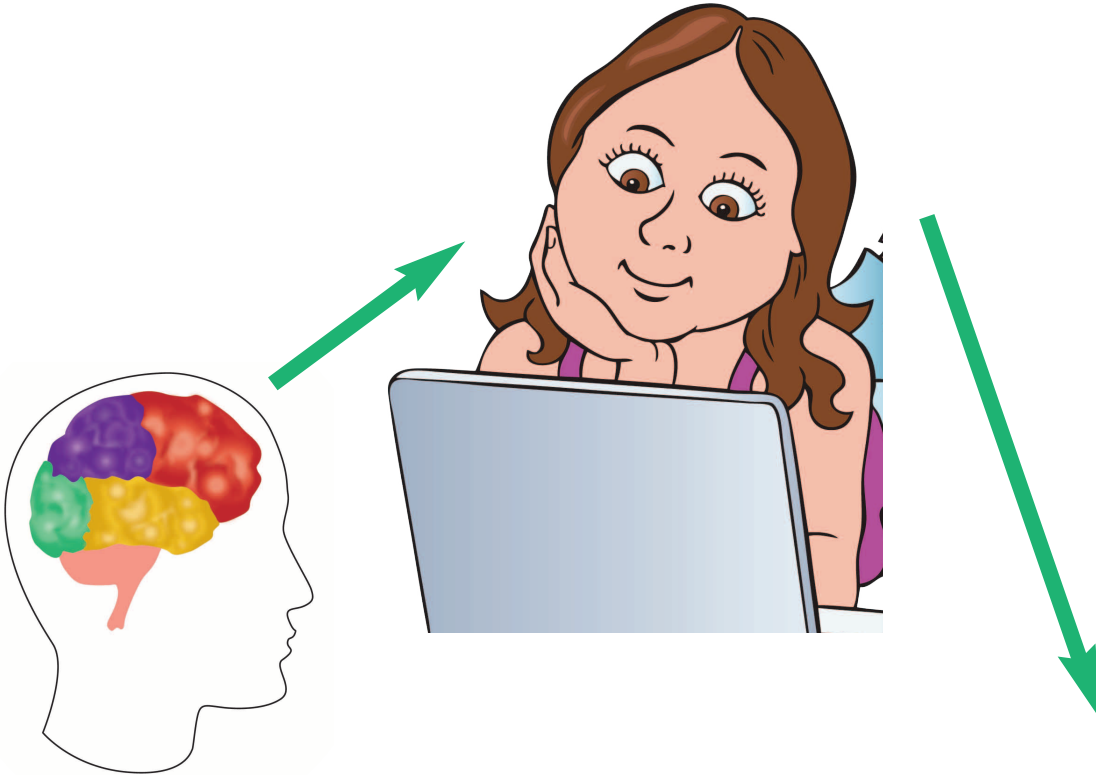
He can't stop from the minute he wakes up to the minute he goes to bed. His brain is ever so busy, full of energy and doesn't get tired at all.

He is very noisy and runs around a lot. He can't slow down or stop easily because his brain has got weak brakes.

Buzz has ADHD, also called  
Attention Deficit Hyperactivity Disorder.



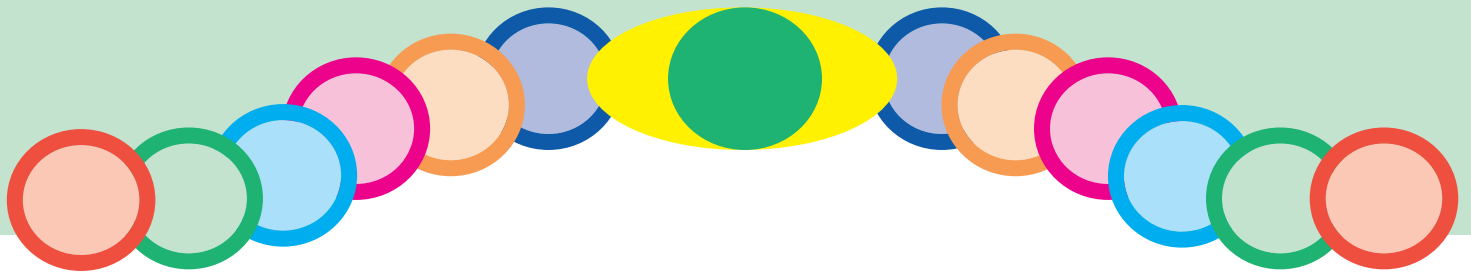
Stacey



Stacey is a 10-year-old clever girl whose brain is like a nice and tidy book case.







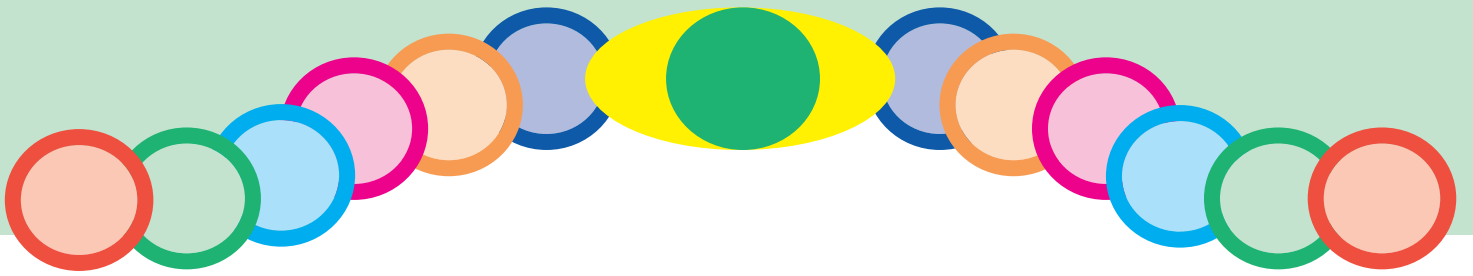
Stacey



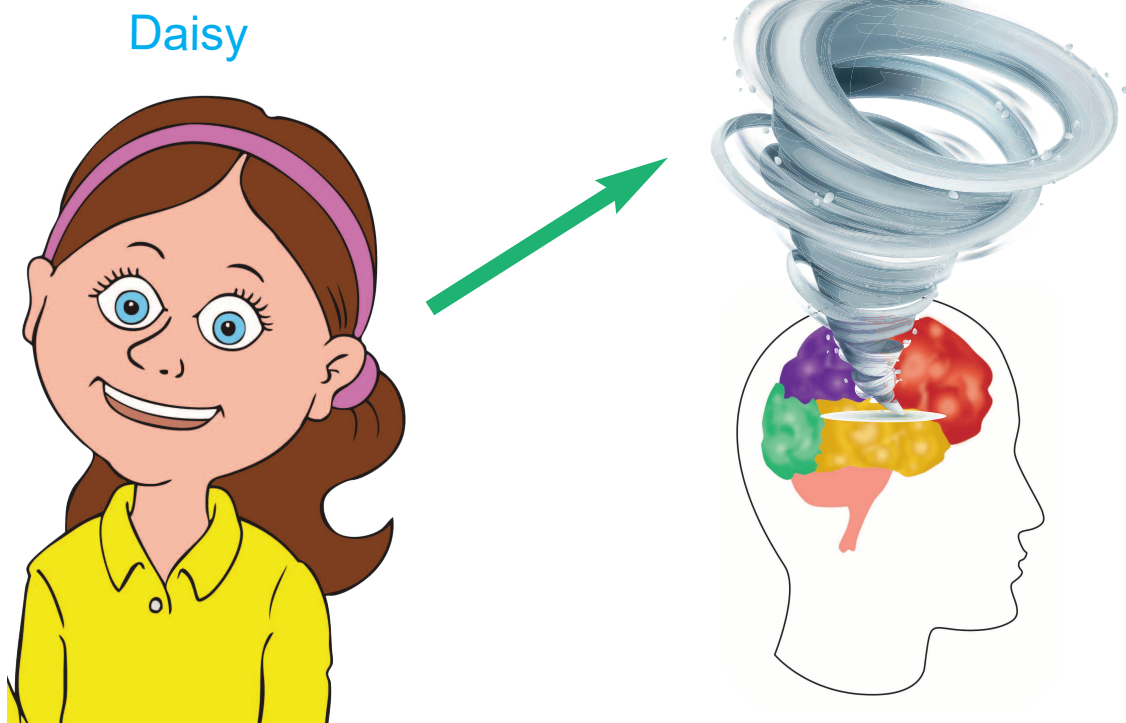
She remembers things and can organise her work very well. She checks her tasks and homework, making sure she doesn't make any silly mistakes.

She rarely loses her things. She can concentrate well and doesn't get distracted easily.





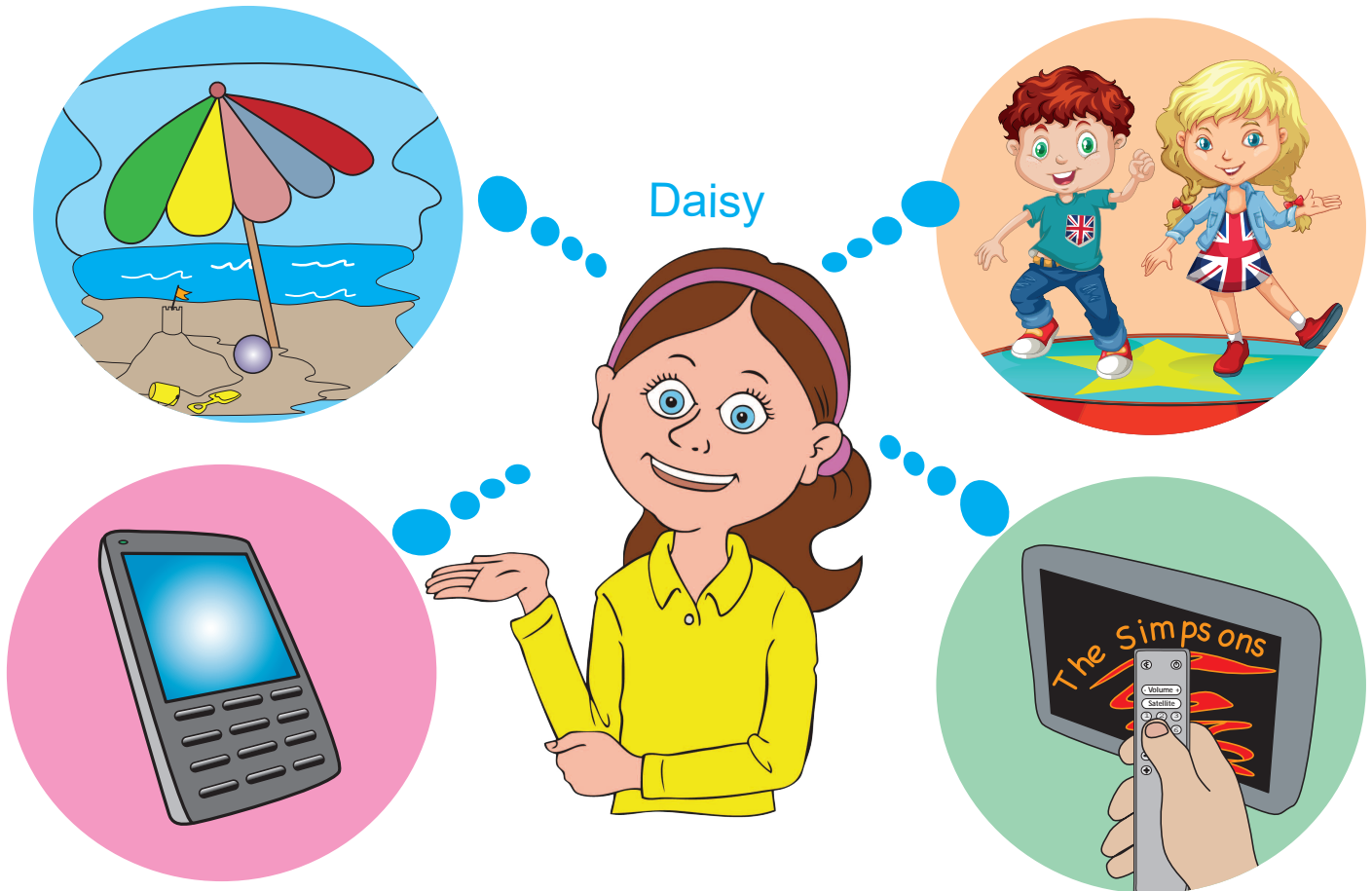
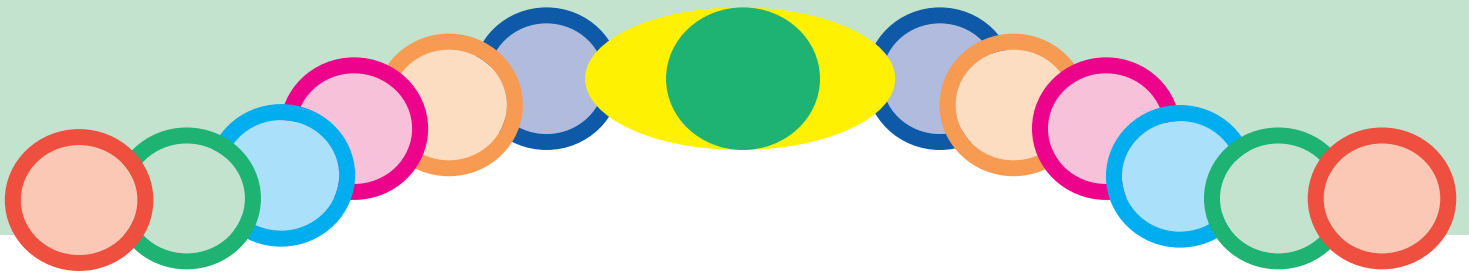
Daisy is 10-year-old. She is also a bright girl like Stacey. She is very creative but cannot focus and gets easily distracted. Her brain is like a whirlwind.



She often forgets things and loses her stuff. Her mind is all over the place.

Her teachers say she is taking longer to learn things.

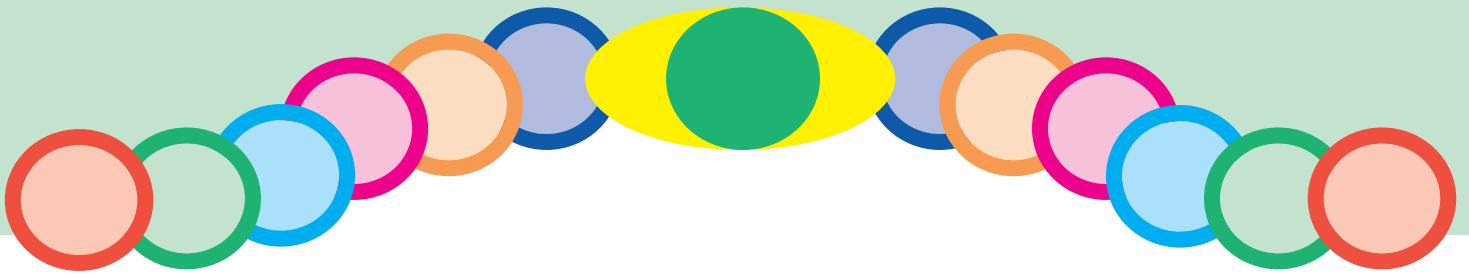




Her mind wanders a lot during the lessons.  
No wonder, she is very much a daydreamer.

Do you know? She lost her lunch box, 2 jumpers and  
5 water bottles, all in just six weeks at her school.

Daisy has got ADD, also called  
Attention Deficit Disorder.



Dr Best saw Buzz and Daisy at his clinic with their parents and suggested three things:

1

Parents can try a number of things to help Buzz and Daisy at home.

2

Teachers can give a lot of support at school.

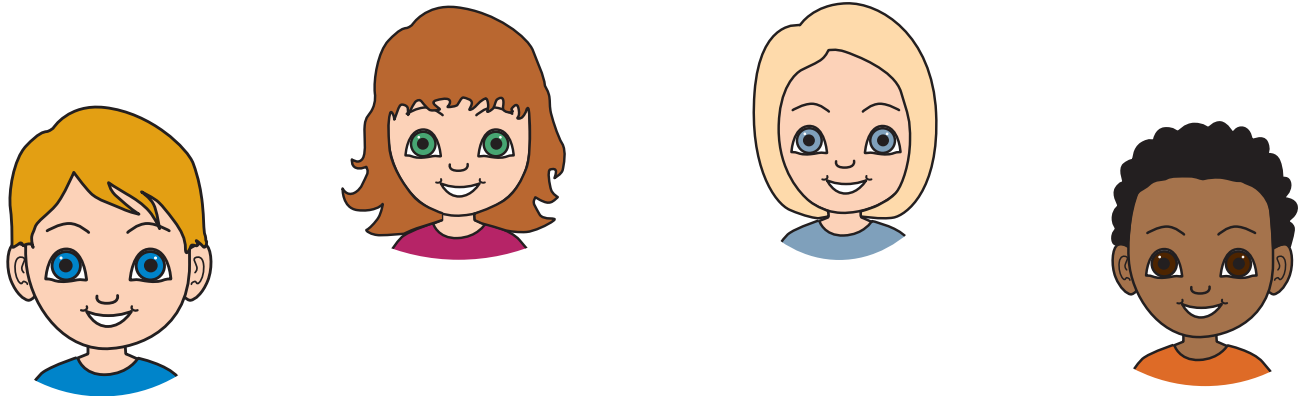
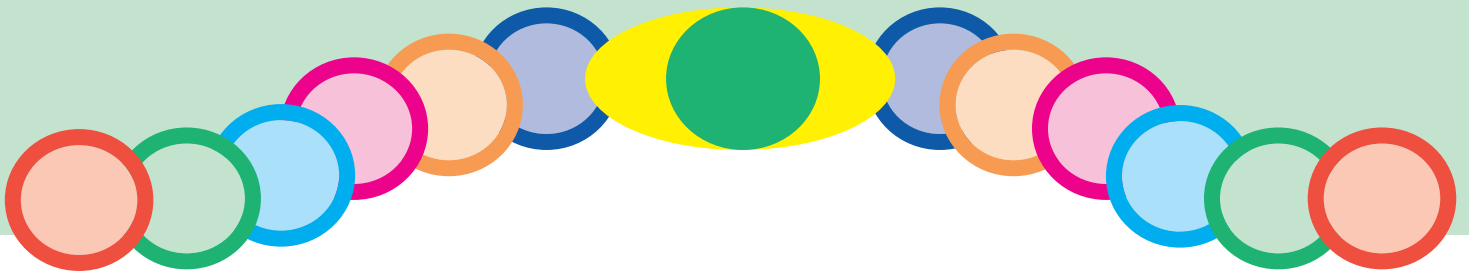
3



Try a medication if there are still big problems at home and school.

It can help children to calm down, concentrate better and to think before rushing things.





Hi Boys and Girls,

Remember, you are not alone and ADHD is a common condition.

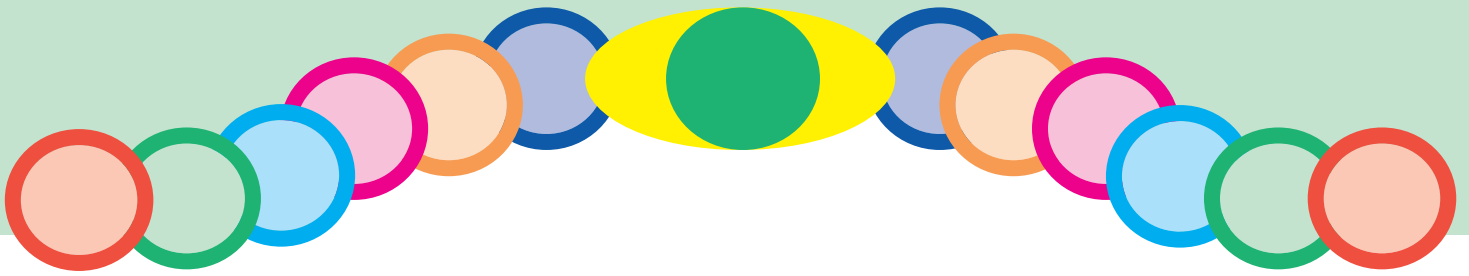
Having ADHD is not your fault but it is not an excuse for naughty behaviour. Always think before you say or do things. We can help you. You can see your nurse or doctor for more information and support.

Miss Midnight



Now I know  
what ADHD  
means





## A note for parents and carers

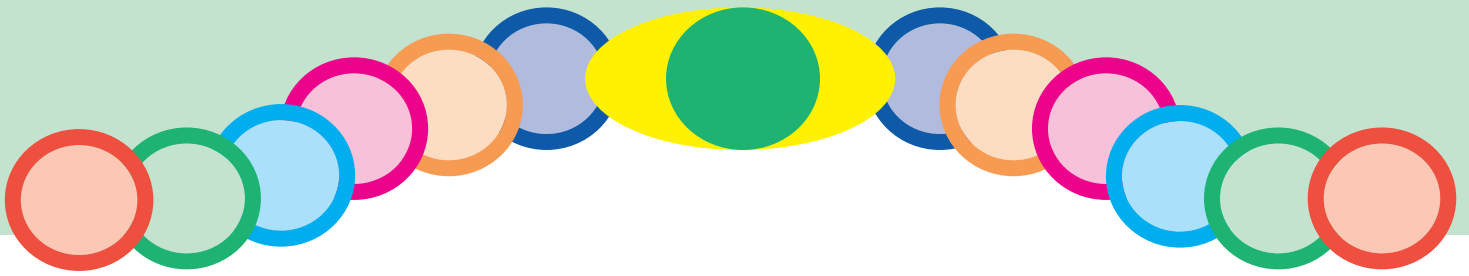
Dear Parents and Carers,

ADHD is a neurodevelopmental condition seen in about 5% of school-age children.

They often experience difficulties with their behaviour, family relationships, friendships and academic achievement. Living with ADHD can cause great stress within and outside the family.

Do talk to your child regularly about their feelings and worries. You can liaise with your child's teacher to understand the difficulties and how best to support your child.





## A note for parents and carers

As a parent/carers, you may need to try various behavioural strategies. Some strategies include:

- Understanding your child's views
- Establishing clear rules and boundaries
- Setting up routines
- Being firm and consistent
- Planning ahead
- Staying calm
- Giving regular feedback
- Praising good behaviour
- Using rewards
- Disapproving of bad behaviour
- Providing one to one attention
- Looking after your own health







## About the authors

### Dr Chinnaiah Yemula

I work as a Consultant Community Paediatrician in Bedford, United Kingdom. In my clinics, I see children with ADHD to understand their difficulties and agree on a treatment plan with appropriate help and support.



I am very grateful to the children and families who have inspired me to develop user-friendly resources. I am the author of a number of children's story books and books for teenagers and parents about ADHD, sleep and bedwetting problems.

### Dr Laura MacKinnon

I am a Paediatric Consultant working in the Acute Paediatric Department at Addenbrookes Hospital in Cambridge.



Patient and parent education are very important to me. I really enjoy talking to young people and their families about their health and well-being and working with them to find solutions to issues they are facing.







## More learning

Remember Knowledge is Power. Do try to learn more about ADHD or ADD (ADHD without Hyperactivity).

You can visit websites like...

[www.addiss.co.uk](http://www.addiss.co.uk)



## Read child-friendly books

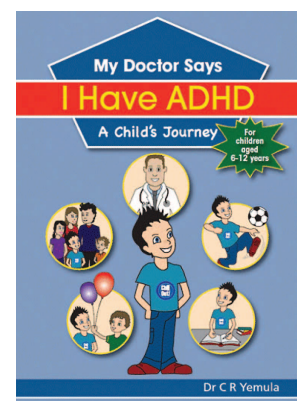
### **My Doctor Says I Have ADHD:**

*A Child's Journey*

Written by Dr C. R. Yemula

Published by Health Insights 4U Ltd

[www.healthinsights4u.com](http://www.healthinsights4u.com)



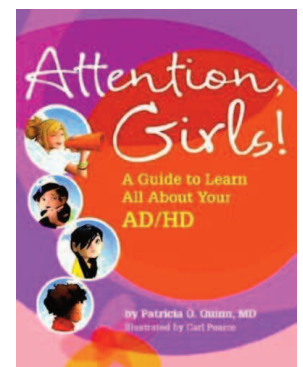
### **Attention girls**

*A guide to learn all about your AD/HD*

Written by Patricia Quinn

Published by American

Psychological Association



The Role of ADHD  
medication

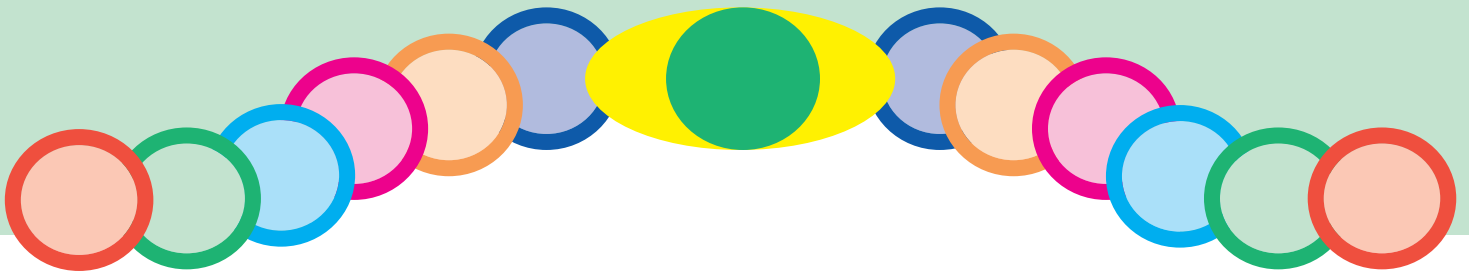


Video  
clips



What it is like to have  
ADHD





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- Alfie S, 6
- Jessica, 7
- Courtney, 7
- Stephanie, 7
- Harriet, 8
- Kyle, 8
- Rohan, 9
- Alfie L, 9
- Rohan, 9
- Daniel, 9
- Harry, 10
- Jacob, 10

### Parents/ carers

- Sarah
- Julie
- Peter
- Jo
- Nicola
- Tierney
- Jamie
- Lisa
- Mary
- Susan
- Estelle
- Carley

### Nursing team

- Sharon Albone
- Elizabeth Taylor
- Linda Bazeley
- Gurdip Josan
- Darrin Lowe
- Sheryl Walsh
- Kathryn Cope
- Sarah Holmes
- Caroline Lewis

### Secretaries

- Karen Marshall
- Karen Meehan

### Doctors

- Professor Frank Besag
- Sam Chang
- Riaz Fatima
- Nikitha Yemula

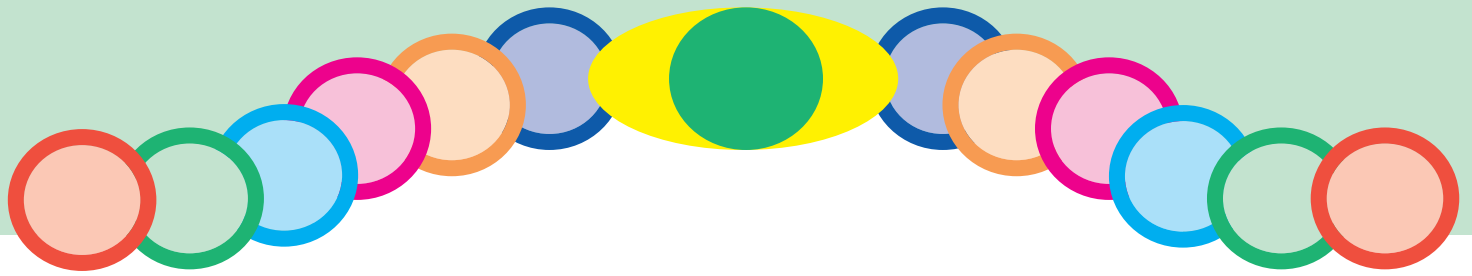
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In Loving Memory of My Dad Govinda Rajulu Yemula

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[www.cambscommunityservices.nhs.uk](http://www.cambscommunityservices.nhs.uk)

Please note the book provides information to  
support medical education and  
it is not a substitute for medical advice.

**This book is also available as an interactive story book  
on iBooks with lots of fun animations and sounds.  
You can click/touch [here](#) to download the book on to  
your iPad, iPhone or Mac book.**



# ADHD Brain



# Racing Cars and Whirlwinds

ADHD is a condition seen in children worldwide. Many children do not understand what it is like to have ADHD and how their brain works. This story book is written for children aged 5 to 12 years and families to improve their knowledge and self-help strategies.

*It is also available free as an interactive story on iBooks for iPad, iPhone and Mac book. The book is packed with fun, sounds and animations to engage young readers as well as grown-ups. Click/Touch [here](#) for a free download on to your iPad, iPhone and Mac book.*

