



ADHD

EXPLAINED

for kids

BY CAROLINE KENNEDY



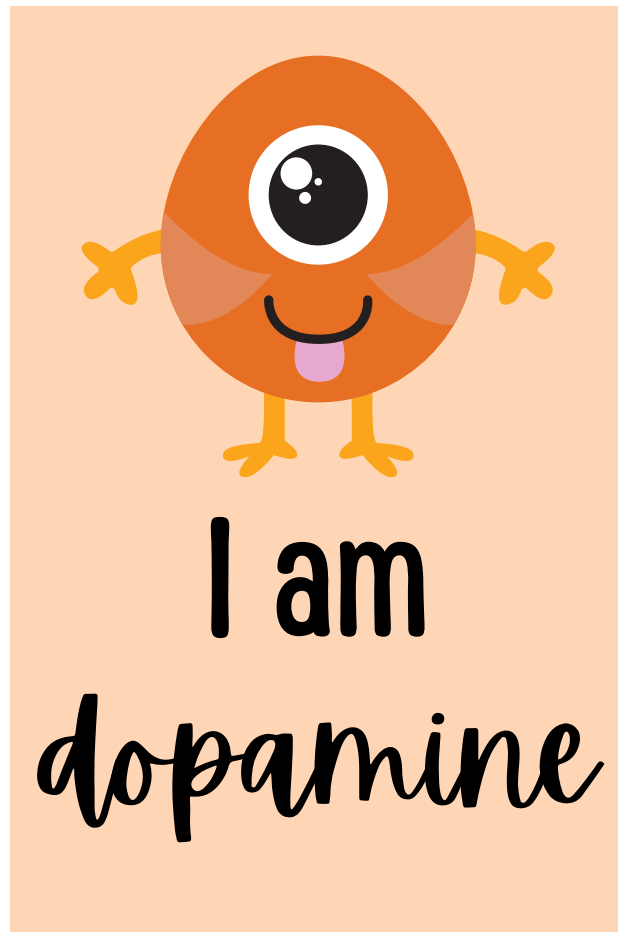
ADHD brains are different than other brains.

Sometimes we think faster.

Sometimes we think of many things at the same time.

Sometimes we forget what we were thinking all together!

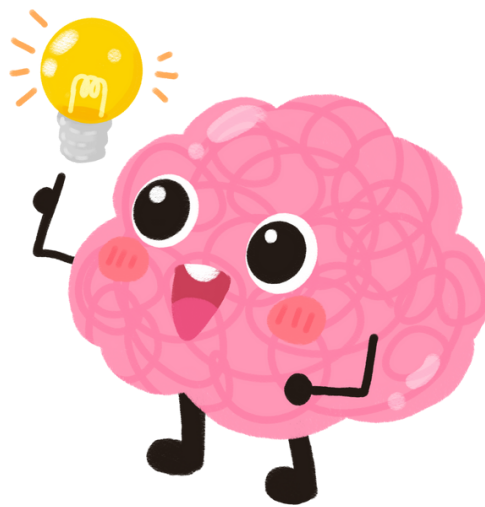
Most importantly to remember, is that you and your ADHD brain are amazing.



In our brains there are little messengers, that make our happy contented thoughts, called dopamine.

People with ADHD are not very good at making dopamine, so it can be harder for us to think happy thoughts, or feel content doing things. We often think things are boring, especially if we have done the same thing many times before.

Dopamine also helps us organise and remember things. So, remembering what we are doing, or when we were supposed to do it, can be really tricky.

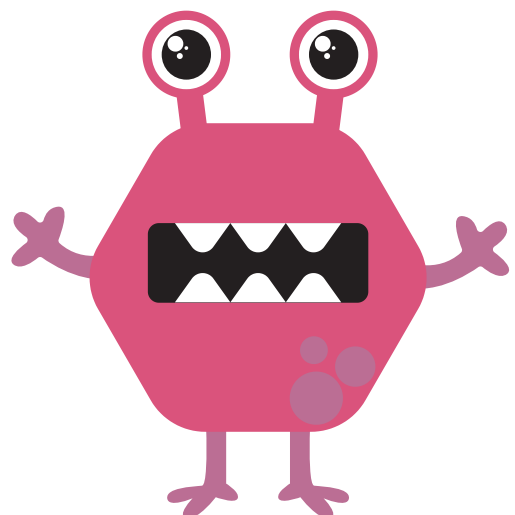


Dopamine lives in the front part of our brain, just inside our forehead bone. This is where all the organising thoughts happen. When we organise our thoughts, we also think about what we say, before we say it. Because we don't always have enough dopamine to help us organise our thoughts, we can sometimes say things without thinking.

There are other messengers too, serotonin and noradrenaline.

They help dopamine and they all work together.

Serotonin helps us feel happy and sit still. If we are low in serotonin, we can feel angry, or struggle to sit still. Adults might call you hyper!





Noradrenaline helps us feel focus on what people are saying, and concentrate on what we are doing.

Like the teacher at school, and the work we do there. (Yes, and homework!!)

All of these messengers can be low in our brains. But we are all different, and how low we are, is different in all of us!



Serotonin is very special, because when we lie down in darkness, it turns into Melatonin.

Melatonin is the sleeping messenger. It tells your brain and your body that it's time to rest.

Many people with ADHD have trouble sleeping at night. Sometimes because they are not good at making Melatonin.



You might have seen a Dr with your adults, like mum or dad. Maybe the Dr gave you some medication to help you sit still and listen better. Or maybe even to sleep better?

Because we are all different, some of the medications the Drs may give you, might work for you, some of them might not. Either way is ok. We are all different and not everyone can take medications.

So far, the scientists haven't worked out why our brains are different. Some think that it's the environment around you, that makes you different.

Or the environment around your mum, when you were in her tummy. But no-one actually knows.

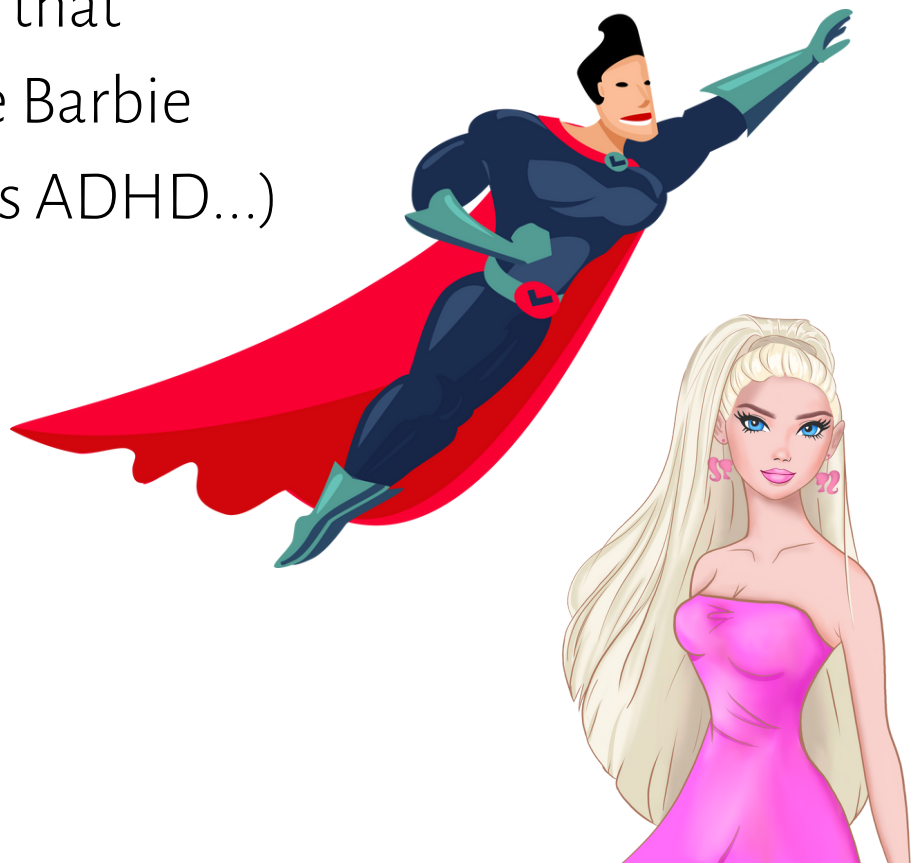
I think we have been around forever, we were the explorers, like the vikings!



I think our brains are amazing, and they are really good at coming up with new ideas, and seeing the world in a new way.

Lots of very smart people have ADHD, ask your adult to help you google famous ADHD people, and find your hero or heroine!

(The lady that made the Barbie Movie has ADHD...)

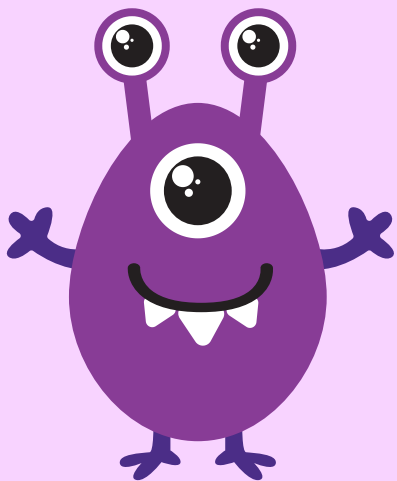




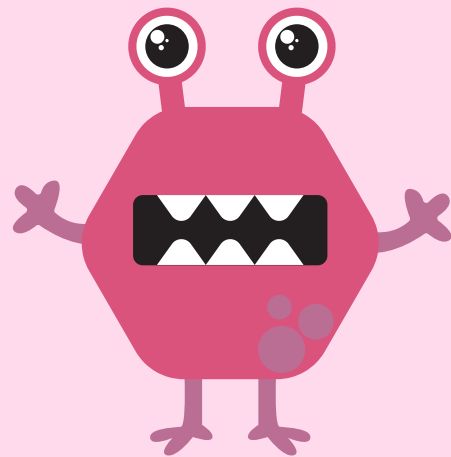
You are
helpful.



You are
unique.



You are
creative.



You are
loved.



The Neurodivergent Naturopath

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appointment

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This book is dedicated to my two beautiful
sons, one is on the front of this book.
You have both taught me so much about the
world. I love you endlessly.