



# Helping Kids and Teens with ADHD in School: A Workbook for Classroom Support and Managing Transitions

*Kate Horstmann*

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## **Helping Kids and Teens with ADHD in School: A Workbook for Classroom Support and Managing Transitions** Kate Horstmann

Young people with ADHD can struggle to develop the skills they need to adapt to new situations and establish greater independence. This fun and interactive workbook is aimed at actively engaging young people with ADHD and supporting them as they negotiate the pitfalls of growing-up, and the transition to secondary or high school. Each chapter focuses on a different key issue affecting children with ADHD around the time of school transition, such as organization, friendships and stress. If left unaddressed, these difficulties can contribute to low self-esteem, behavioural problems and poor academic achievement. Using tried-and-tested strategies and top tips, this fully-photocopiable workbook will help adults to work collaboratively with young people to learn, test strategies, set goals and develop comprehensive support plans around individual needs. Suitable for use with individual children or group work, Helping Kids and Teens with ADHD in School will guide teachers, therapists and support staff in helping young people with ADHD to overcome the challenges of early adolescence in order to improve school performance and personal relationships.

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