

## AUTHOR'S NOTE

Assisting children with ADHD to learn ways to improve their concentration is key to their success in school. Providing classroom and home environments that meet student needs is critical to the long term success and self-esteem of children with attentional differences.

The story of Craig is a true story about a real boy. It is based on a book he compiled for his teachers on ways they could help him improve his concentration and feel more successful in school. The strategies presented are a combination of Craig's ideas along with those most frequently suggested by hundreds of teachers who have taken part in my ongoing study of "what teachers say works in classroom for students with ADHD."

The illustrations in this book were done by another Craig, a high school artist. The illustrations began when "Big Craig" (the artist), sat in session with "Little Craig" (the student with ADHD), with the goal of drawing pictures to visually represent our discussions on ways to improve concentration.

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# A Child's Guide to Concentrating. For kids with ADHD

by Bonita Blazer, Ph.D.

Illustrations by Craig Morton

### Dedication & Acknowledgements

To Craig H. and all the other wonderful, exciting, creative, and smart kids whose ideas have been the inspiration for this guide.

“A special thank you to Dr. Harvey Parker for his inspirational leadership and helpful editorial suggestions”

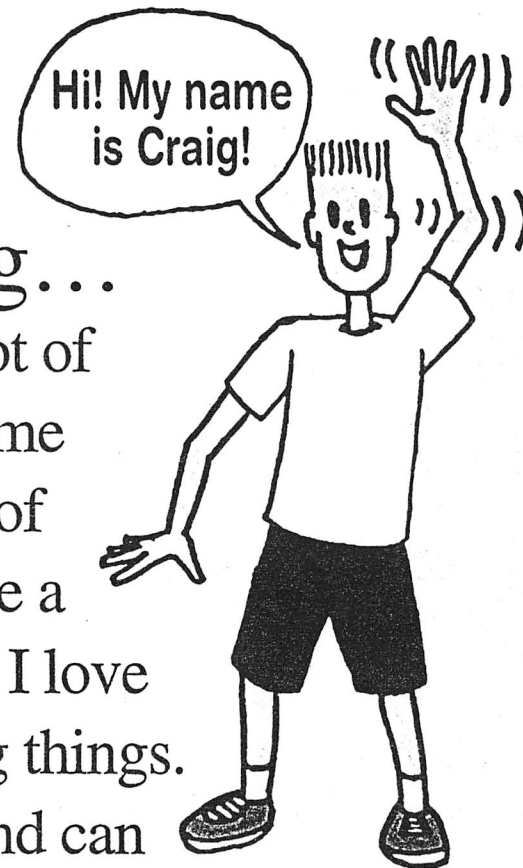
*Bonita Blazer Ph.D.*

Jane Eyre, Book Design & Color

## Meet Craig...

There are a lot of things about me that are kind of special. I have a lot of energy. I love to do exciting things. I am funny and can make people laugh. I am creative and smart and I have A.D.H.D.

...Attention Deficit Hyperactivity Disorder.





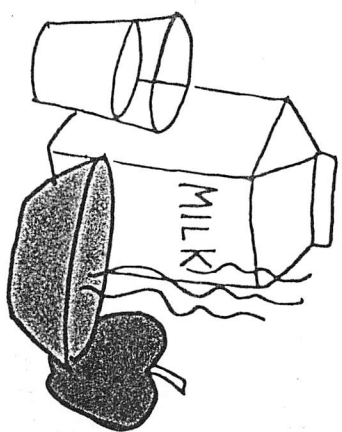
When you have A.D.H.D.  
you sometimes can have  
problems concentrating,  
paying attention,  
and controlling your  
behaviors,

especially when your body  
wants to move a lot.  
I wrote this book to help  
kids like me  
learn about things  
we can do to  
concentrate better at home  
and school.

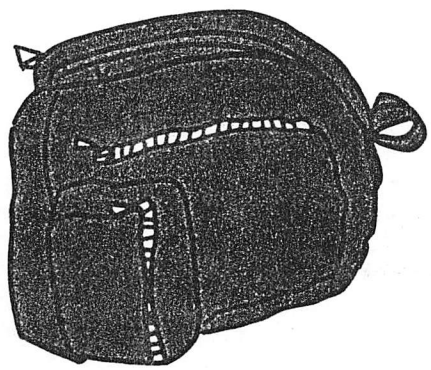
Hope you like my ideas!

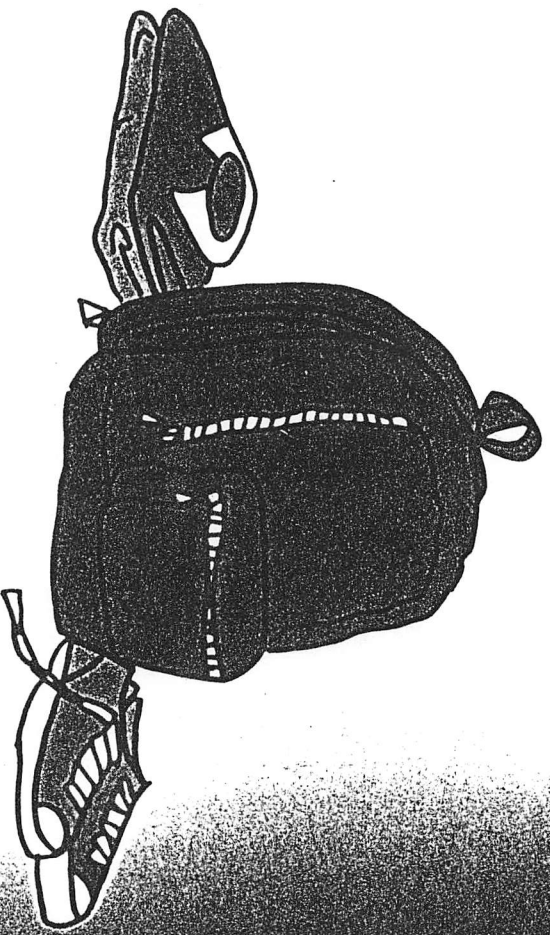
Best wishes,

*Craig*



There are lots of  
things I do at home  
to improve  
my concentration.





I get my clothes ready,  
homework done,  
and bookbag packed  
the night before school.

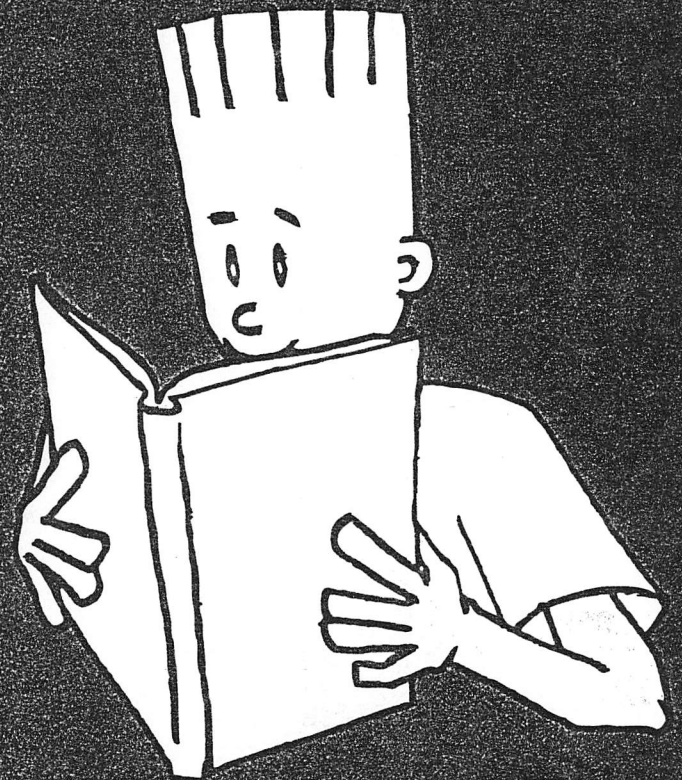


I get plenty of sleep  
so I can concentrate  
better the next day.  
I try to get to bed  
by 8:30 and not later  
than 9:30 p.m.





I eat breakfast,  
take my vitamins,  
and/or medication  
every morning...

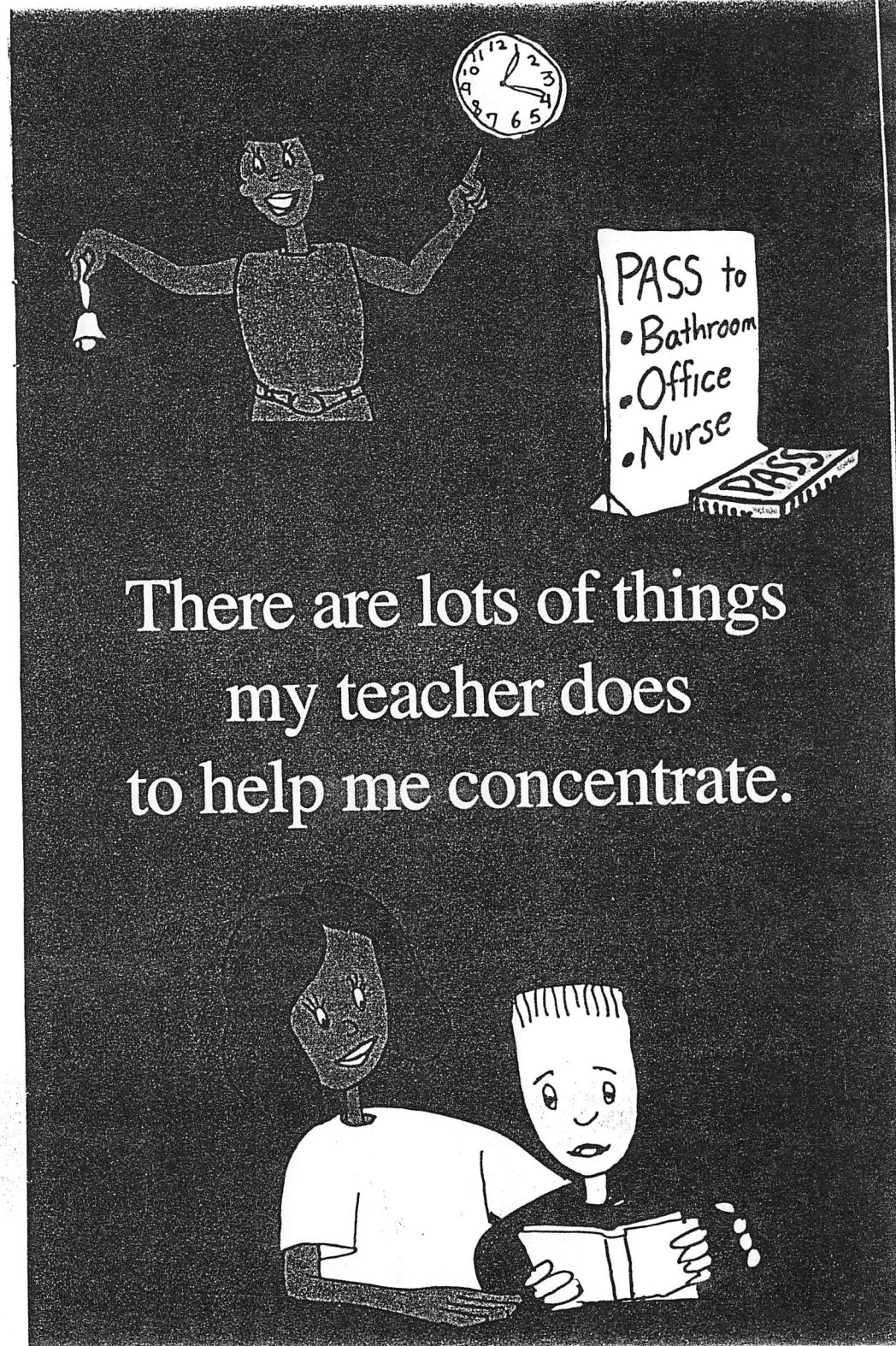


...so I have energy  
to think and focus  
in school.

These are the things  
I can do at home  
to improve  
my concentration.

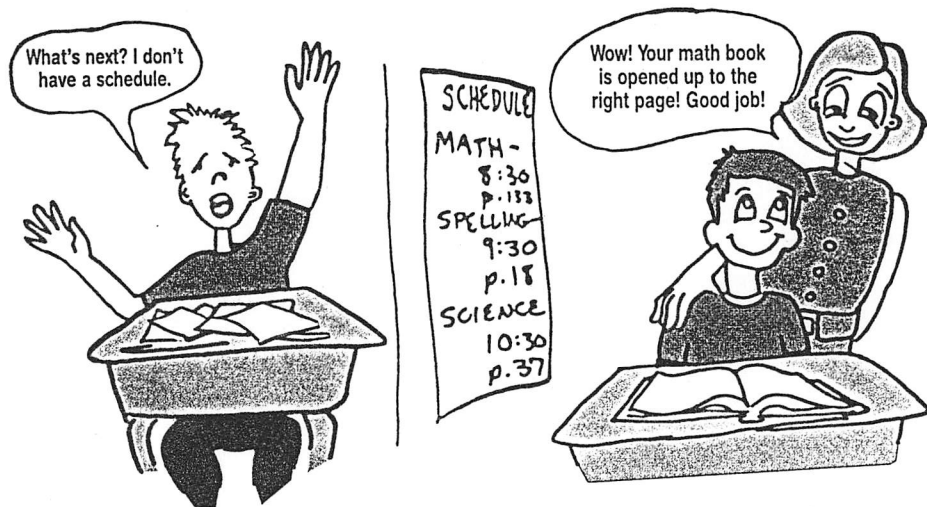
Check off the things  
you do to help yourself  
get ready for school.

- I get my clothes ready.
- I get plenty of sleep.
- I eat a good breakfast.
- I take my vitamins,  
and/or medication.
- Other things \_\_\_\_\_



There are lots of things  
my teacher does  
to help me concentrate.





My teacher keeps a daily routine that helps me know what's coming next and prevents my mind from wandering.



My teacher makes me aware of how to use my time so I don't daydream and work too slowly.



My teacher understands  
that some students have  
trouble writing neatly.  
She often talks slowly  
so we can all keep up.





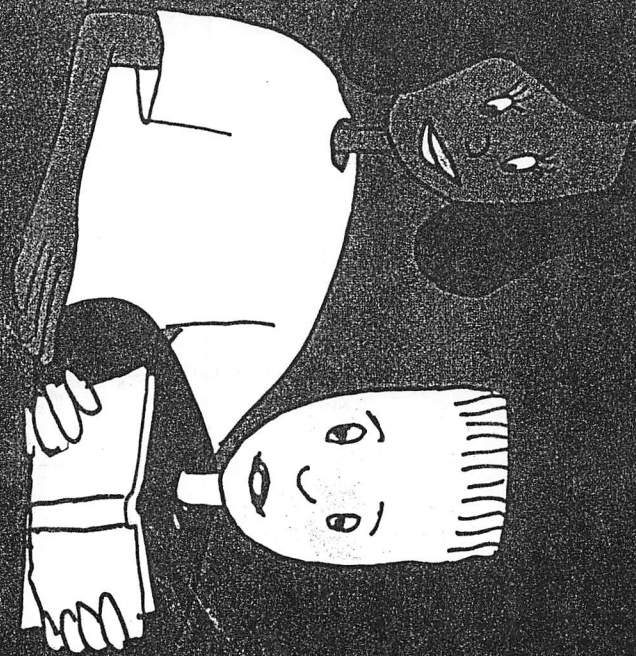
My teacher  
breaks our class  
into small groups...



...so we can help  
each other  
with our projects.



Our classroom has a computer. My teacher gives me time to use the computer in school when my schoolwork is finished.



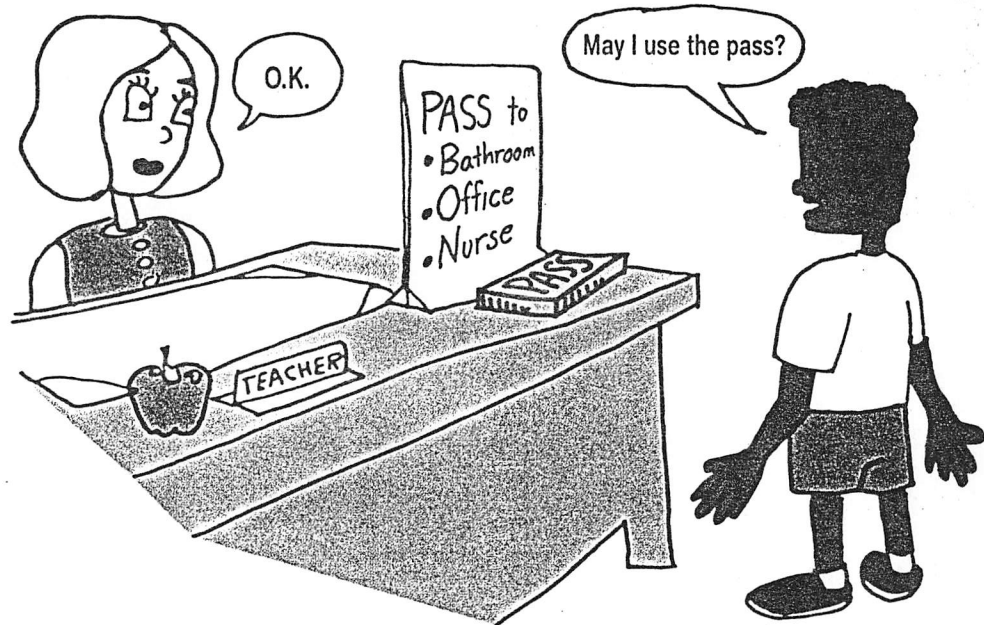
My teacher gives me extra help when I need it.



quiet  
area



“When my body feels like it needs to move, my teacher lets me go to a table or desk in the back of the room”

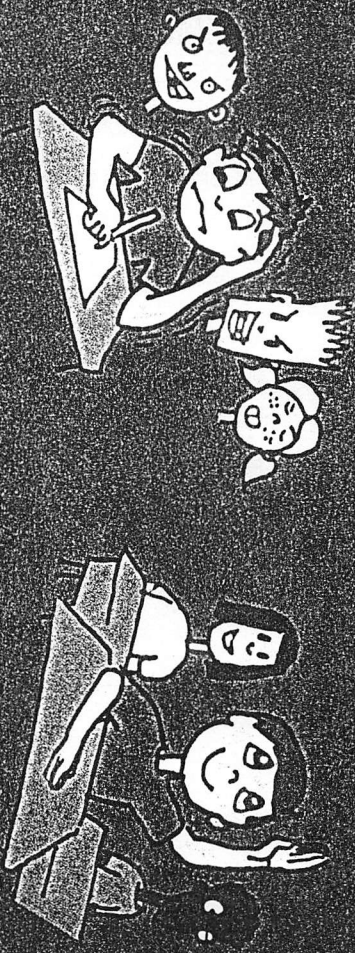


“Sometimes my teacher will let me leave the room if I feel restless and need a break”

Things my teacher does to help me concentrate.

Check the things your teacher does to help you concentrate.

- Daily routine
- Work at my own pace.  
(for example-more time or less work)
- Small group work.
  - Idea Collector - Writer - Artist
  - Speaker - Researcher
  - Other \_\_\_\_\_
- Daily extra help period.
- Room to move around.
- Pass to leave the room.
- Others \_\_\_\_\_

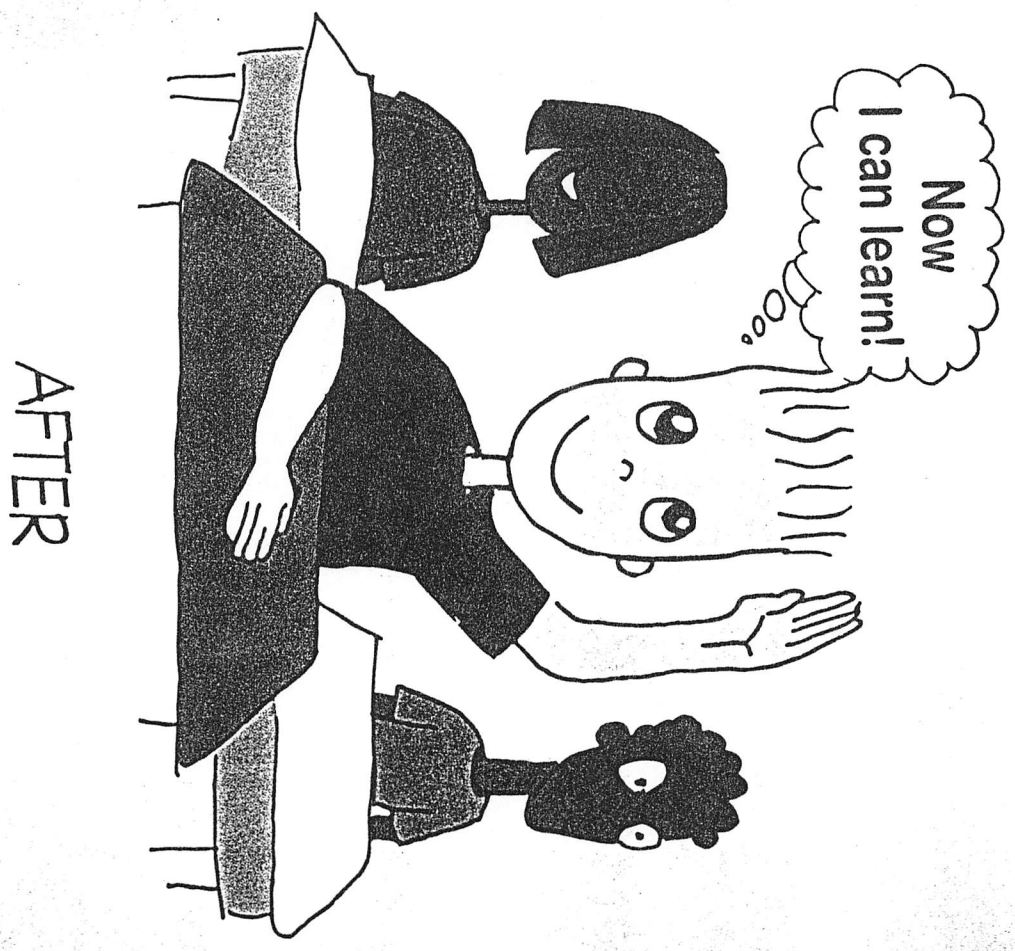


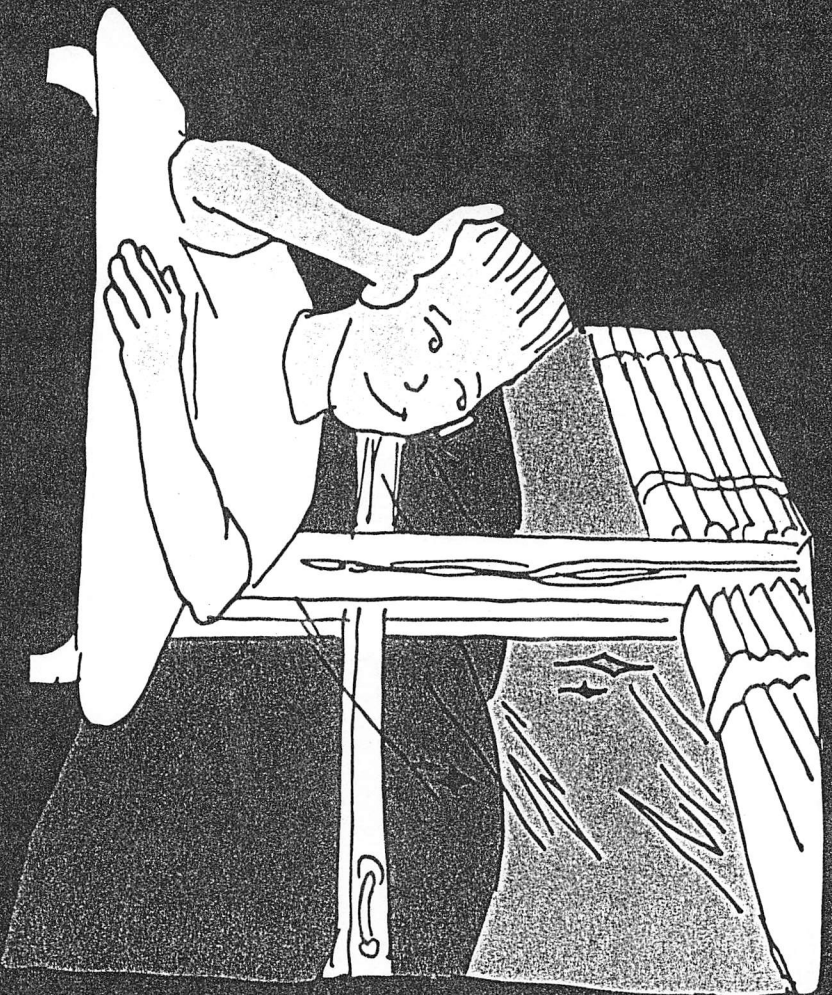
There are lots of other things in my classroom that really make a difference.



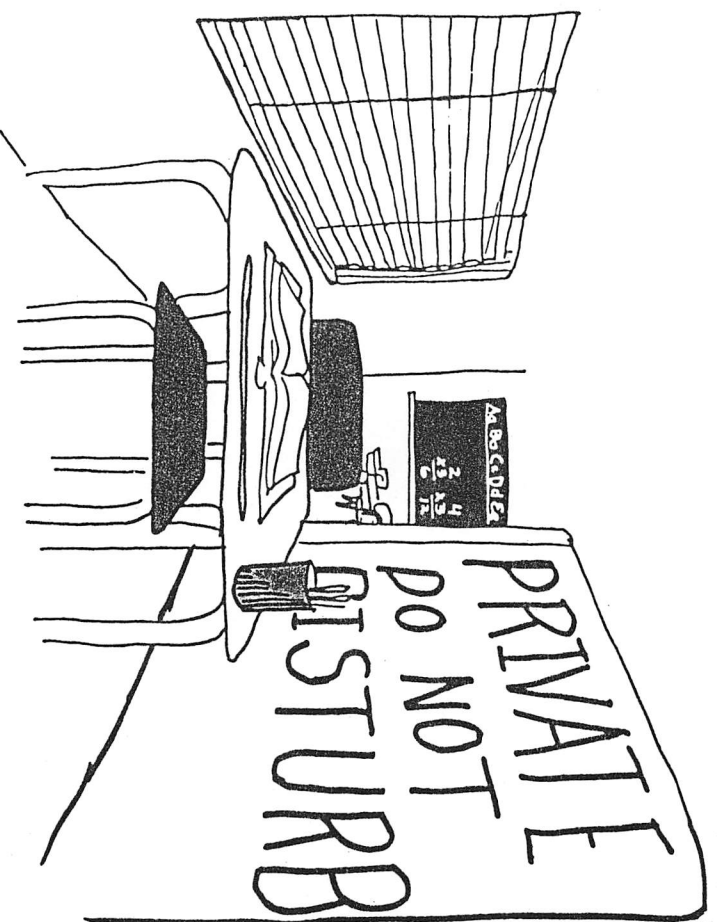


I concentrate best when  
I sit away from other  
students who distract  
or tease me.





I pay attention better  
when I'm not sitting  
near a window because  
I tend to daydream.

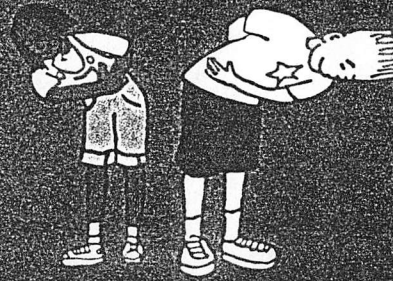


Sometimes I need to  
be in a private study area  
to really concentrate.

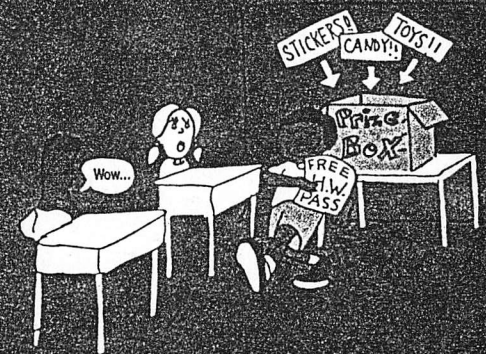


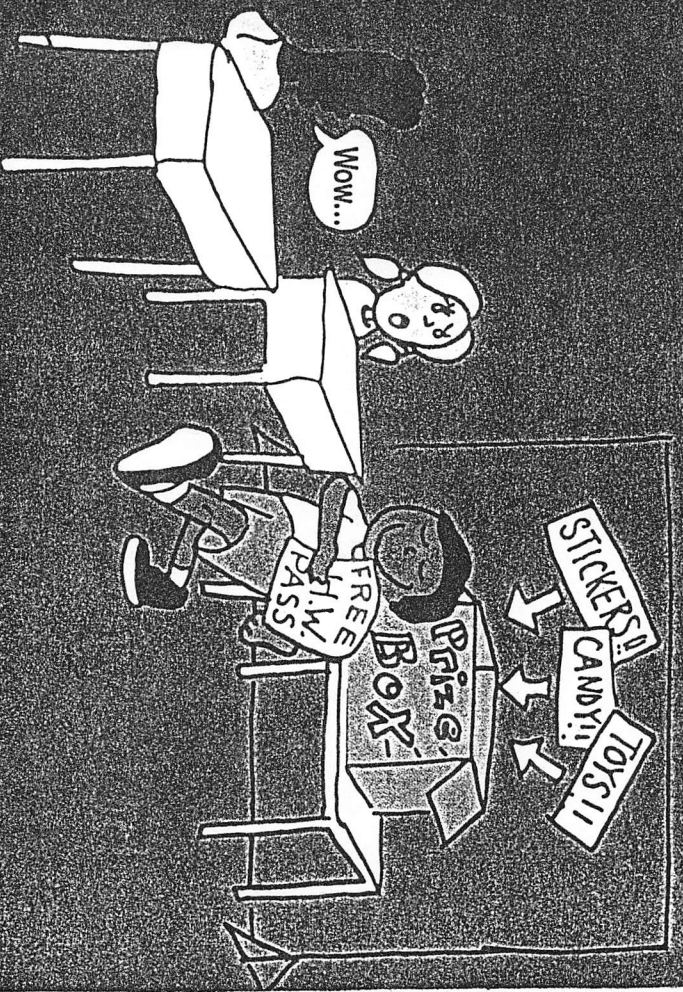
Check off things in your classroom that will help you learn better.

- Sit away from students who tease or distract me.
- Seat me near a student who can be a study-buddy.
- Seat me in front of the room.
- Seat me away from windows.
- Provide a special quiet study area.
- Other things \_\_\_\_\_

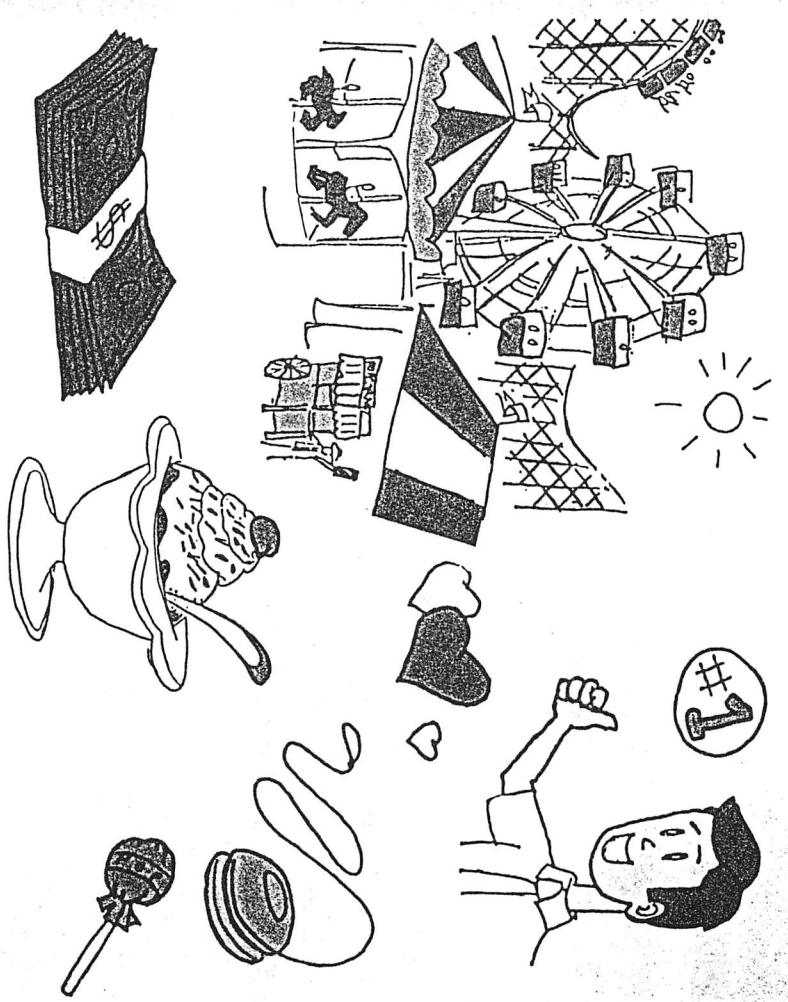


There are other behaviors and attitudes that will help me concentrate and become a better student.





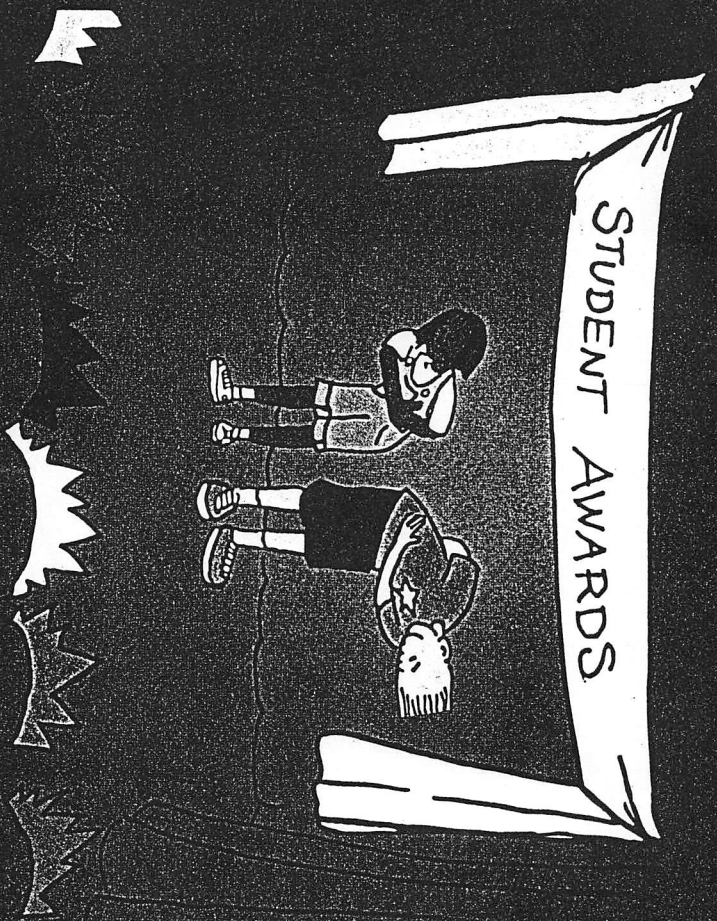
Rewards for improved  
concentration inspires  
me to do my best...



...so that as I grow up  
I can set my own  
rewards...



...and feel proud to be  
responsible for my  
own success.



A Child's Guide to Concentration is an educational tool for parents to use with children who have ADHD. The book provides examples of home and classroom accommodations that promote successful school behaviors.

The classroom accommodations provided in this book are research based and supported by the Department of Education's Clarification Policy to address the needs of students with ADHD via classroom adjustments (DOE 1991, p.7). By offering a variety of accommodations, the book encourages parents and children to select possible adjustments to be raised with teachers. Since teachers differ on particular accommodations they find suitable for their classroom environments, the suggestions offered are examples, not directives. The hope is that parents, students, and teachers can together develop a mutually agreeable list of accommodations which will enhance the child's learning and self esteem in the school setting.



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