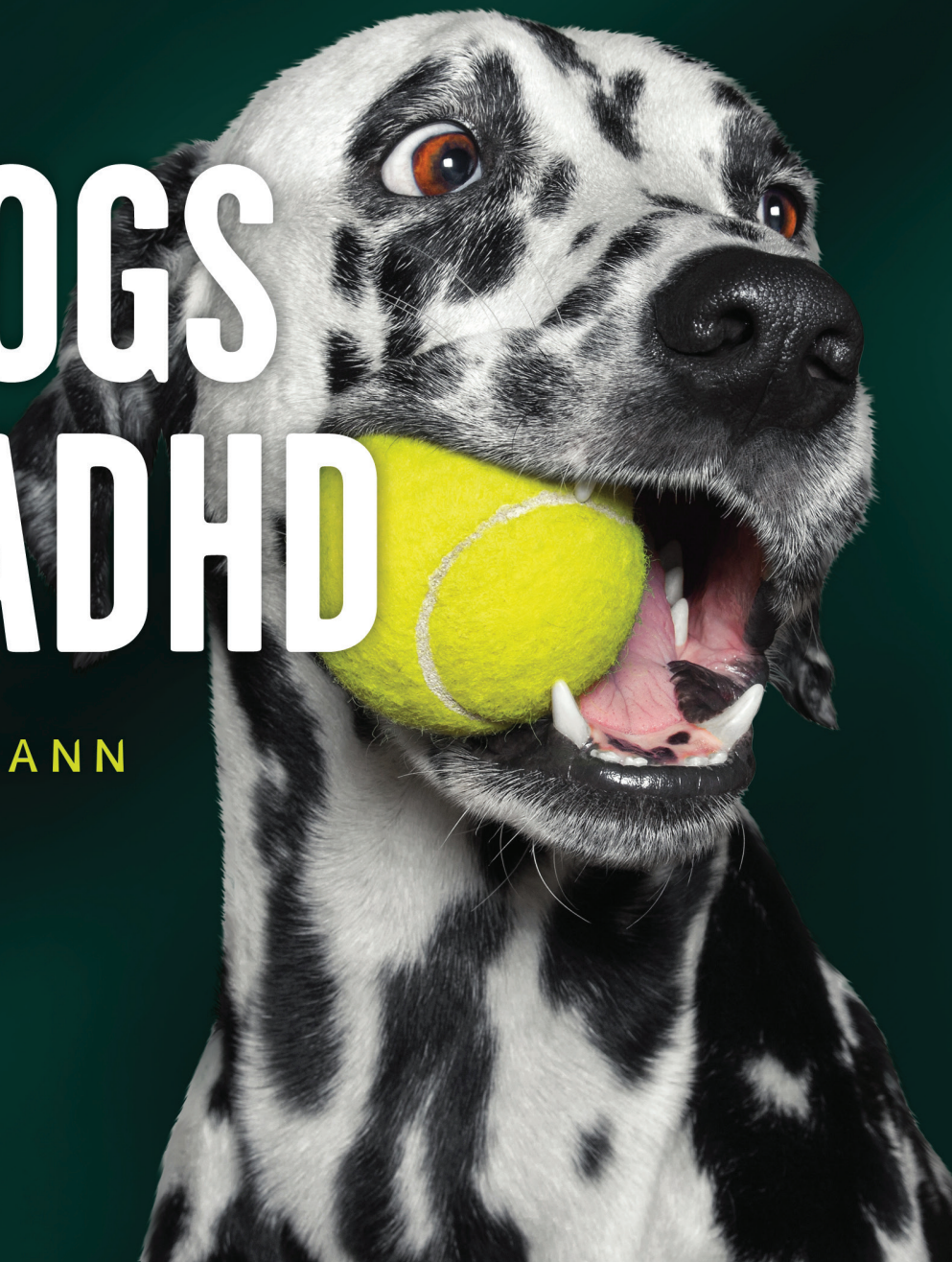


ALL DOGS HAVE ADHD

KATHY HOOPMANN



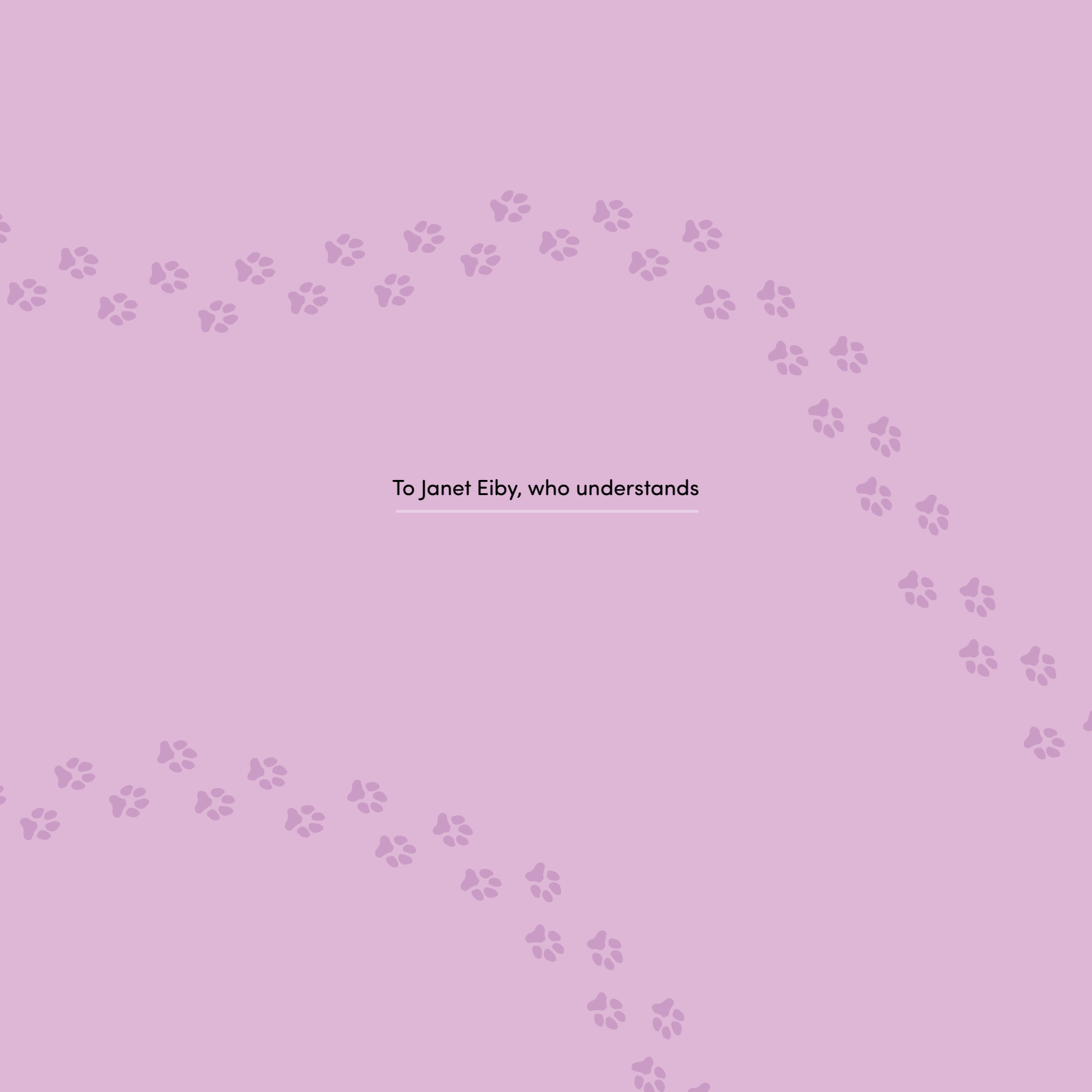


ALL DOGS HAVE ADHD

KATHY HOOPMANN



Jessica Kingsley Publishers
London and Philadelphia



To Janet Eiby, who understands

INTRODUCTION



Children on the Attention Deficit Hyperactivity Disorder (ADHD) spectrum can have challenges in three main areas:

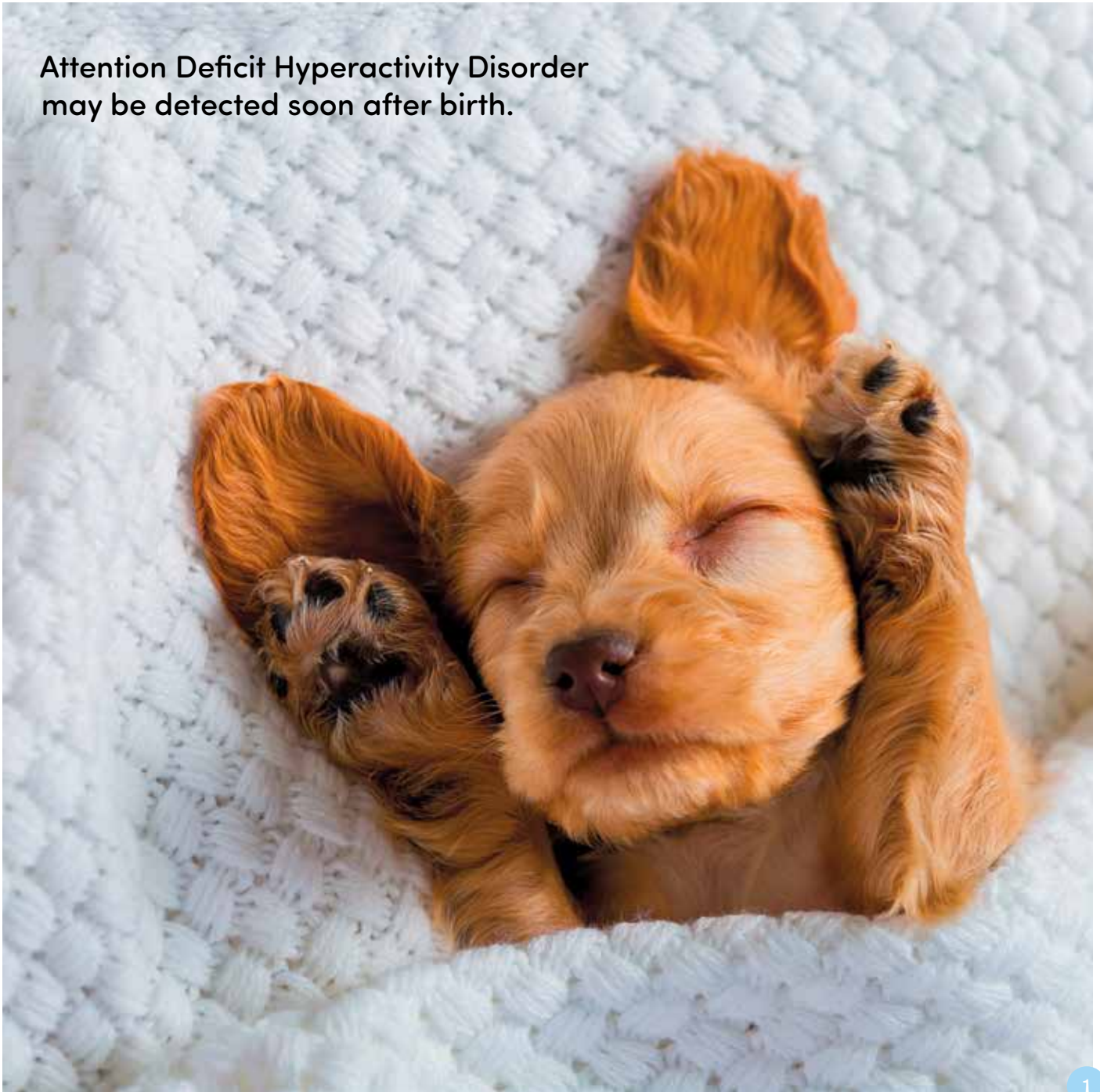
1. They may find it hard to keep focused.
2. They may be hyperactive.
3. They may be impulsive.

Of course, anyone can find it hard to focus, or can be hyperactive or impulsive occasionally. The term ADHD is only used when these traits are exhibited so often that lives are disrupted.

But as you read, remember that not every child with ADHD has all the traits mentioned in this book. There are ADHD kids who are very active, and those who are not. Some may be outgoing, and others very shy. But all children with ADHD need understanding and love. They need specialist help, which may include medication and behaviour management.

Most of all, children with ADHD need people who believe in them, people to build their self-esteem, and people to go on life's journey with them, wherever it may lead.

Attention Deficit Hyperactivity Disorder may be detected soon after birth.



Children with ADHD may not sleep as much as their parents would like.





**Their first steps aren't steps...
they are an attempt to escape,**



because the world is meant to be explored.





They know what they want and they want it NOW.

When an opportunity presents itself, they go for it,





and may dive straight into a situation without thinking through the consequences.

Those with ADHD
can be fearless,





but unfortunately,
their bodies are
not so invincible.

They get lost easily,



they're always losing things,

“Is it down there?”





and often can't find what is right in front of their noses.



When playing, they may not be sure how to take turns, or how to share,

and can be a bit rough at times.





They don't do this on purpose
and often feel bad about it later.

And yet, they
have loving,
caring natures,



and they can be so much fun!





Those with ADHD can be distracted
by things other people don't notice,

and their priorities may differ from those around them.

“But this is important!”



Their minds work better when their bodies are in motion and they find it hard to sit still for long.



They are easily bored, and when that happens, their brains fog and their eyes close all by themselves.



“Somewhere else” can seem
so much more interesting





and they dream of escaping to better things.

Their senses can get overloaded
with everything going on,



so they might dash from
one task to the next...



...without finishing anything.

They don't know where to start,

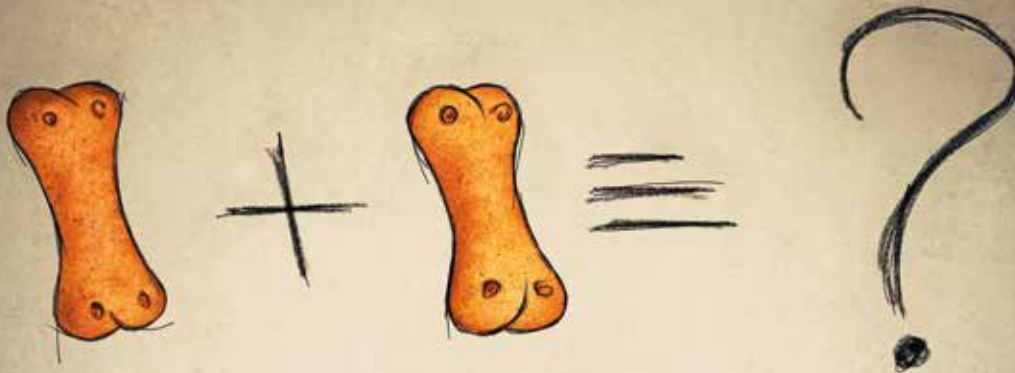




and even if there are instructions, they may not know how to follow them.



It's not that they can't learn things. They can!



But their brains don't always know how to retrieve the knowledge just learnt!



And there's no doubt
they are very bright,

but not everyone appreciates
their type of intelligence.

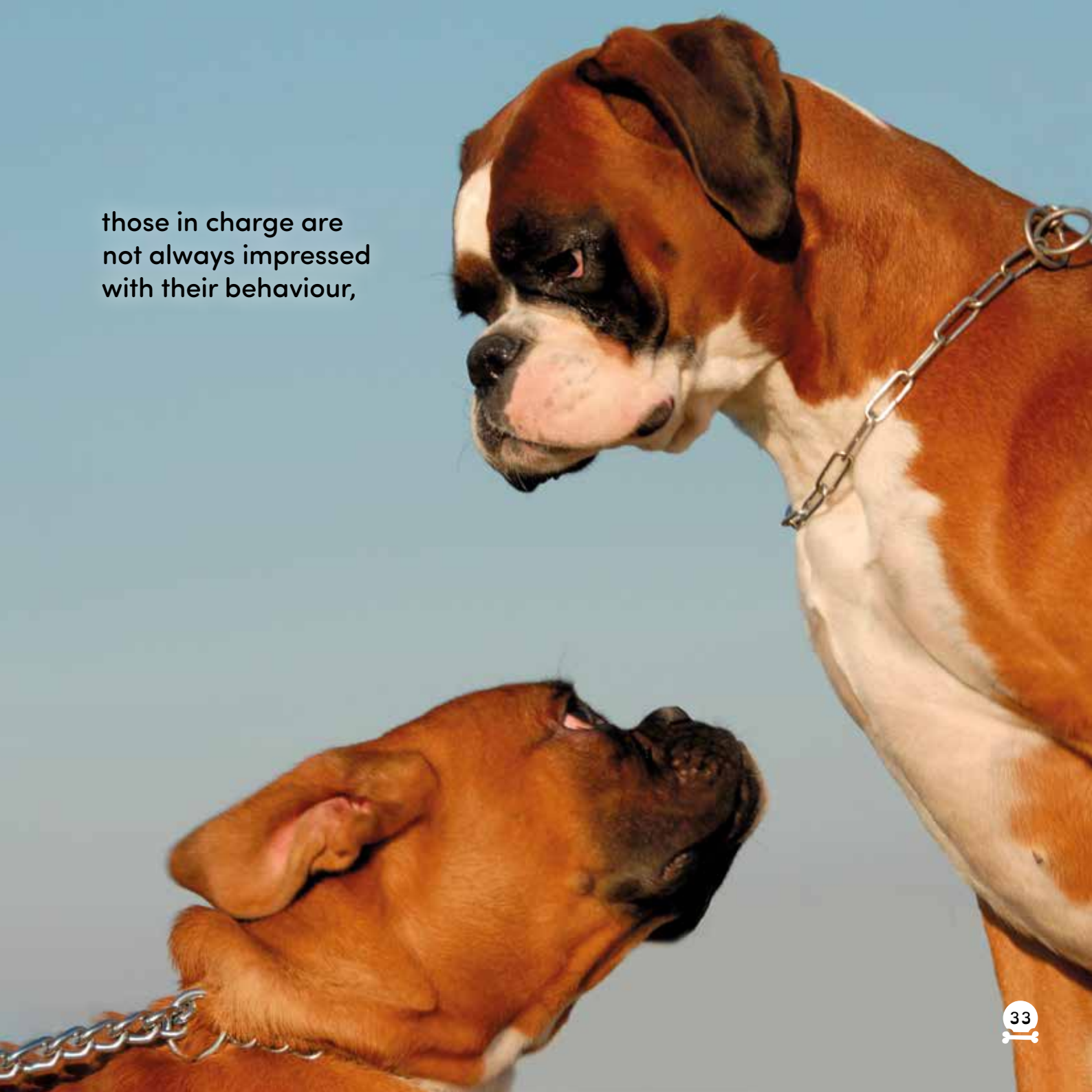


“I was just checking how
much it could bear.”



So although they try hard to be good,

those in charge are
not always impressed
with their behaviour,





and they are often labeled as clowns.



Time can pass without
them noticing,



*“I’m supposed to
be where? When?”*

and they can end up in the doghouse
without knowing why.



People keep saying, "You can do better if you try harder," but it's simply not true.



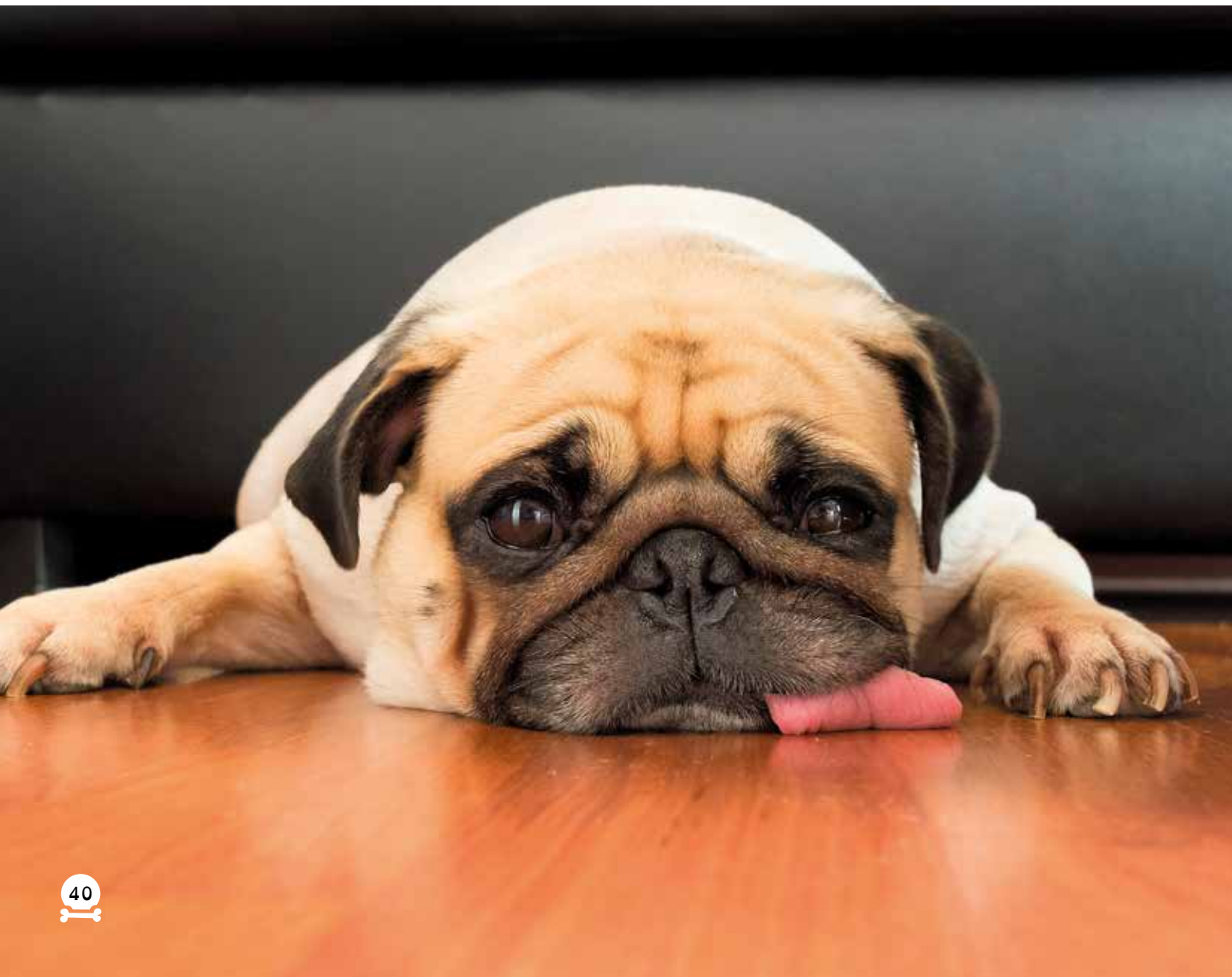


Being very sensitive, they sometimes feel sad



because they want to be like everyone else,
but they just can't.

Life is so darn frustrating!





When things get too much,
they might have a meltdown.



Parents may not always understand their ADHD children, but they still love them heaps.





Besides, the chances
are, someone else in the
family will behave
exactly the same way.

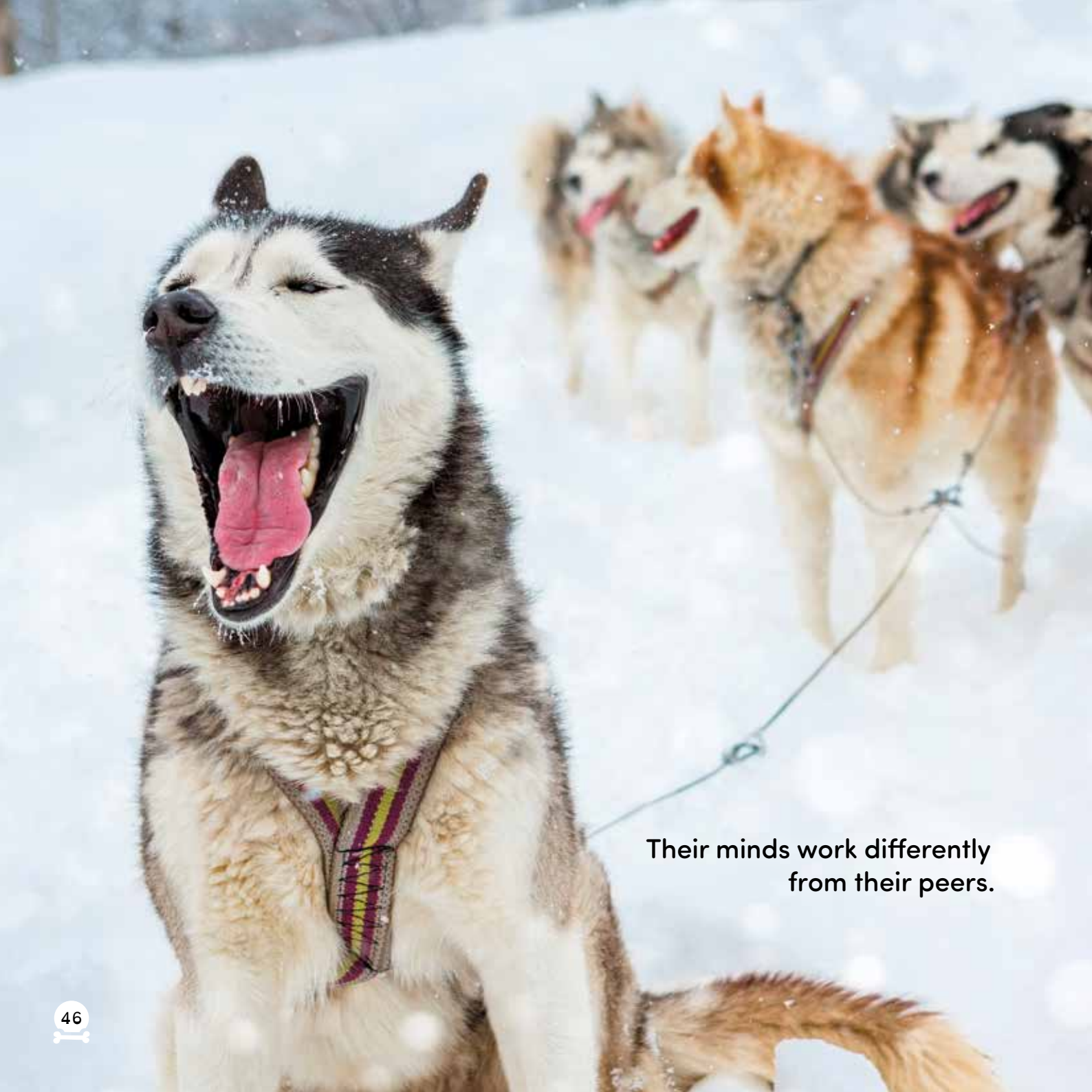


When those with ADHD find something they like, their concentration is fierce,





and their dedication to the task is wholehearted.



Their minds work differently
from their peers.





They see the “big picture” easily,



and may find solutions where
others don't think to look.



Their creativity is legendary!





As children with ADHD grow older,
they can do anything they want,

and they are always willing
to try new things.





When life seems the same, day after day,



they know it's time for a change.





When they find a job they love,
their amazing sense of intuition,



their drive to achieve in their interest areas,



and their bright, inquisitive natures,

mean they can reach the
very top of their chosen field,



like many with ADHD before them.



Leonardo da Vinci



Jules Verne



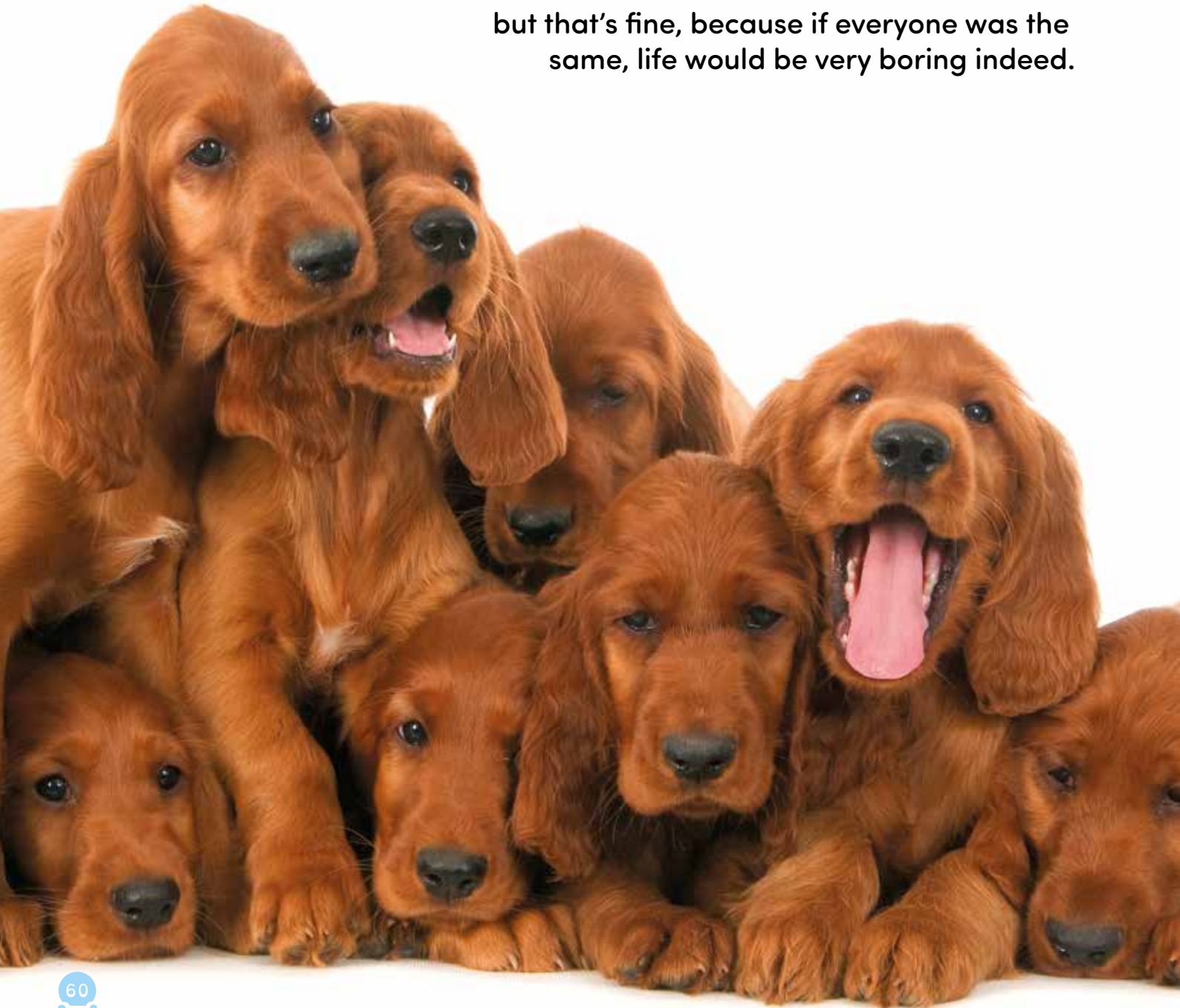
Alexander Graham Bell





Sure, they may not worry about their looks, and they have their own way of doing things,

but that's fine, because if everyone was the same, life would be very boring indeed.





When those with ADHD have love and support,

good friends who accept them just the way they are,





encouragement to
pursue their dreams,

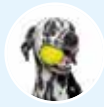


and someone to believe in them,

A close-up photograph of a dog, likely a Border Collie, with striking blue eyes and a white blaze on its face. The dog is surrounded by a dense field of white daisies with yellow centers. The dog's mouth is slightly open, and it has a happy expression. The background is a soft-focus field of more daisies.

their potential
is *limitless!*

Dog names and photograph credits



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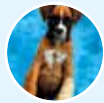
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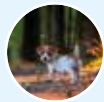
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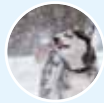
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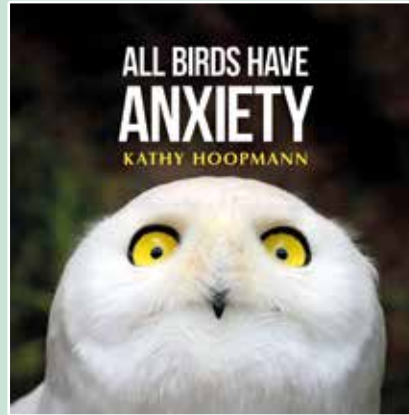


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Kathy Hoopmann

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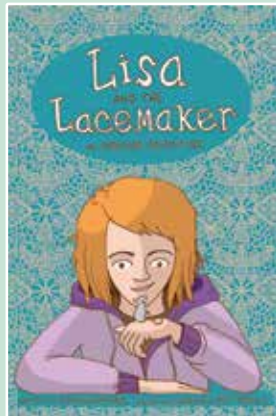
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