

Reading Aloud with Children who have Short Attention, High Activity Level, or ADHD

Reading aloud with loved ones is a part of a happy childhood and helps your child develop and learn. A child with Short Attention, High Activity Level, or Attention Deficit Hyperactivity Disorder (ADHD) may be very active or have trouble following directions, waiting, or taking turns. But your child will enjoy cuddling with you and sharing a colorful or interesting book, even for a short time. Over time, reading aloud can also strengthen speech and language skills, by making reading fun. It's a way to give your child a gift that will last a lifetime—a love of books.

READING TIPS FOR YOUR

Toddler

- **Sing along while reading the book.**
- **Talk about the pictures and read the story.** Help your child point to objects in the book. Ask questions about the story to hold your child's interest.
- **Break up reading with play.**
- **Continue to read for a few more minutes even if your child starts doing something else.** A child may still be listening to the story even while playing.
- **Read before naps and bedtime to help him settle down.**

READING TIPS FOR YOUR

Preschool or School-Age Child

- **Sit together to read when your child is relaxed and paying attention,** after returning from the park or before bedtime.
- **Read in a quiet spot and turn off electronics.**
- **Find books about things that interest your child, such as animals or sports.** Let the child pick books and ask to read aloud.
- **Talk about the pictures while you read aloud.**
- **Praise your child's reading!**
- **Help your child draw pictures of the story.** This helps the child learn to read and write at the same time.



TODDLER SUGGESTED BOOKS

The Itsy Bitsy Spider
by Rosemary Wells

If You're Happy and You Know It
by Annie Kubler

Ring Around a Rosie
by Annie Kubler

Row, Row, Row Your Boat
by Annie Kubler

PRESCHOOL OR SCHOOL-AGE SUGGESTED BOOKS

The Adventures of Taxi Dog
by Debra and Sal Barracca

Tyrannosaurus Wrecks!
by Sudipta Bardhan-Quallen

The Day the Teacher Went Bananas
by James Howe



RESOURCES

BOOKS FOR OLDER CHILDREN

All Dogs Have ADHD (Ages 4–9)
by Kathy Hoopmann (2008)

My Friend Has ADHD (Ages 4–10)
by Kristin Sorra and Amanda Doering Tourville
(2010)

Shelley, The Hyperactive Turtle (Ages 4 and older)
by Deborah M. Moss (1989)

Mrs. Gorski, I Think I Have the Wiggle Fidgets (Ages 5-8)
by Barbara Esham (2018)

Terrific Teddy's Excessive Energy (Ages 5–9)
By Jim Forgan (2015)

BOOKS FOR PARENTS

ADHD: What Every Parent Needs to Know
by Michael I. Reiff (2011)

Parenting Children with ADHD: 10 Lessons that Medicine Cannot Teach
by Vincent J. Monastra (2014)

The ADD & ADHD Answer Book: Professional Answers to 275 of the Top Questions Parents Ask
by Susan Ashley (2005)

100 Questions & Answers About Your Child's ADHD: From Preschool To College
by Ruth D. Nass and Fern Leventhal (2010)

ORGANIZATIONS Additional web resources are available at reachoutandread.org/ddresources

Centers for Disease Control and Prevention
cdc.gov/actearly

Children and Adults with Attention Deficit/
Hyperactivity Disorder (CHADD)
chadd.org or help4adhd.org

Healthy Children from the American
Academy of Pediatrics
healthychildren.org

Understood: For Learning and Attention
Issues
understood.org

DID YOU KNOW? Smart Ways to Use Media and Technology

- Young children learn more from reading or playing games with family than from using phones, computers, tablets, or watching TV.
- For children under two, the American Academy of Pediatrics (AAP) advises using electronic media only for video phone calls with people who are very familiar to them.
- For older children, the AAP suggests no more than one hour a day of high-quality programs (such as Public Television).
- TV and other visual media are more meaningful when you watch together and ask your child to describe what's happening.
- If it's too hard to limit electronic devices, it may be a good idea to remove them completely.
- Putting away your own phone or tablet when you talk or read with your child can help the moment be more enjoyable for both of you.
- You can find more information like this at healthychildren.org/english/family-life/media/pages/default.aspx

Reading tips on
the opposite side

