

ARIANE HÉBERT, psychologist

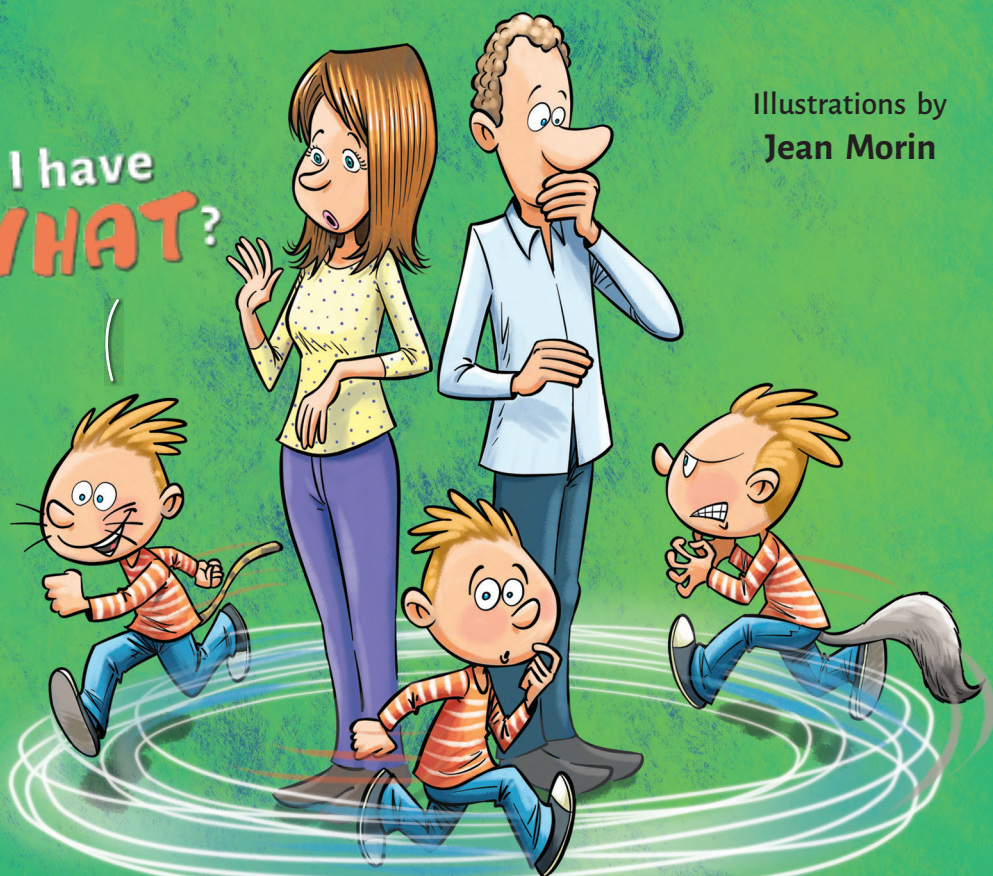
For
parents, childcare
professionals and
children

ADHD

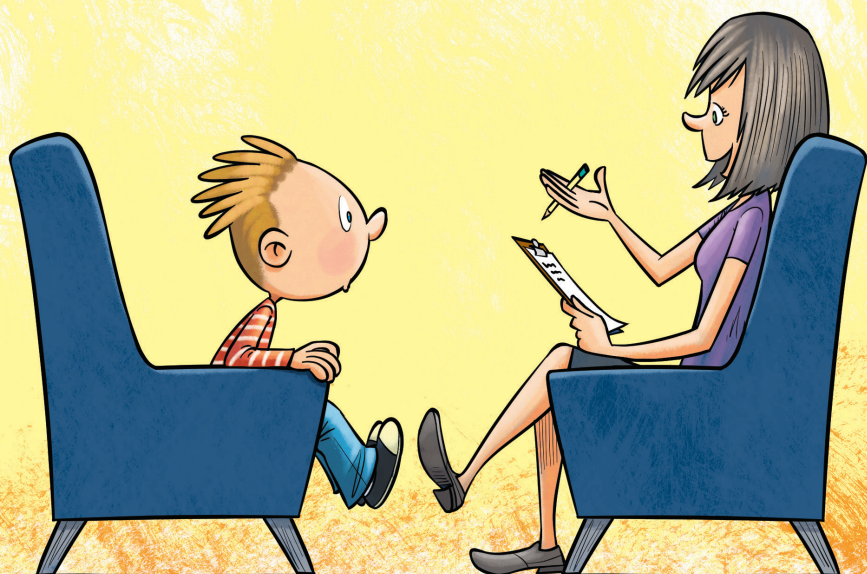
as Told to Children

Illustrations by
Jean Morin

I have
WHAT?



ÉDITIONS DE MORTAGNE



"I have **what**?"

"You have ADHD. Attention Deficit Hyperactivity Disorder, which also affects your impulse control."

My name is Leo, and I'm nine years old. My mom brought me to the psychologist, after discussing it with my father and my teacher. All three of them were **concerned** about some of my behaviour. I do have to admit that

I've had the impression of being **different** for a long time now.

I'm naturally enthusiastic and good-humoured, but I often get **ANGRY** very suddenly and for trivial things. My anger takes even me by surprise. I can feel it rising and bubbling within me, like hot lava about to burst from a volcano.



I can moan, groan, pout, be a grouch, or fly off the handle simply because I'm asked to do my homework, to stop playing video games, or to go to bed. Even my kid brother, who always wants to be near me, gets on my **NERVES**!

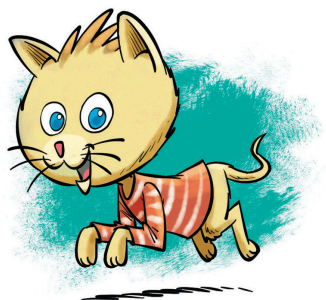


At school, if I don't understand a math problem, I can throw my pencil to the ground or **melt into tears** in front of all the other students. It's so embarrassing! Sometimes, I shove the others in the hallway. Or I'm gruff with my friends, even though I value them and I try to be nice.

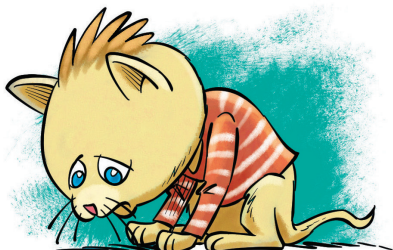
And those are just a few of the situations that **IRRITATE** me.

I hate it when I have a fit, but I can't control myself. It's terrible to feel like my emotions have so much power over me!

“Does that mean that I’m **crazy**?” Leo asks the psychologist.



“Not at all, Leo! It’s completely normal. Your ADHD makes you like a werecat. Sometimes you’re enthusiastic, mischievous, and gentle like a kitten, but any random event can cause you to become a **WEREWOLF**. Your fangs and your claws start to grow, and you find yourself growling and screaming. You’d like to remain calm, but it’s beyond your control and you can’t stop the transformation. When you revert to your kitten state, you feel ashamed and sad.”



In the car, **E N R O U T E** to school, after we leave the psychologist's office, Mom asks me:

DO YOU GIVE ME PERMISSION TO DISCUSS YOUR ADHD WITH YOUR TEACHER, MR. LEMAY?

I DON'T KNOW. IT'S EMBARRASSING!

BUT IT'S NOT YOUR FAULT. ANYWAY, DID YOU KNOW THAT YOUR COUSIN JUSTINE, TOO, HAS IT?

JUSTINE? BUT SHE'S SO CALM! I'VE NEVER SEEN HER TRANSFORM INTO A WEREWOLF.

THAT'S BECAUSE JUSTINE HAS ADD-ATTENTION DEFICIT DISORDER, BUT WITHOUT THE HYPERACTIVITY OR THE LACK OF IMPULSE CONTROL.

