



# **Sammy Sitstill - How Sammy Feels About Attention Deficit Disorder and What He Does About It**

*Dr. Catherine Thompson*

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Sammy knows exactly what it feels like to have difficulty focusing his attention, to have others think he's too active, and to have: "...have beans in my stomach That jump all around, Throw me up in the air And down to the ground." Your child knows too! And he or she will take great comfort in identifying with Sammy and in learning that there are safe and simple strategies for coping with those "beans". There are things children must do to take control of their behaviors if they are to have positive images of themselves. Sammy is an endearing little character who will tell you and your child: \*How it feels to be ADD/ADHD \*How others react to ADD/ADHD \*What your child can do to help him or herself.

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