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Lazarus's "ADHD is our superpower: The amazing talents and skills of children with ADHD" (book review)

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Book Review



Lazarus, S. (2021). *ADHD is our superpower: The amazing talents and skills of children with ADHD*. UK: Jessica Kingsley Publishers. 64 pp. \$12.77. ISBN 9781787757301

Soli Lazarus the author of *ADHD is Our Superpower* writes from her experiences as a mom to an adult son with ADHD, a primary school teacher working with students with ADHD, and now owner of a consultancy business focusing on helping families of children with ADHD. Lazarus' experiences with children with ADHD gives authority to her writing. However, she also writes from a child's perspective, so this is a retelling of children's experiences and unique abilities.

Lazarus wrote this book with the intent of showing adults that children with ADHD have unique abilities, but these children may also need help and understanding. As each chapter showcases a different child's experience with ADHD, Lazarus accomplishes her purpose. She also includes bonus features at the end of the book to further help parents such as a list of professionals who can provide assistance, useful books and websites, and ideas for helping children with ADHD. Lazarus features a diverse group of children showing that ADHD does not affect only one type of person; she also shows that affects everyone slightly differently.

The black, gray, and yellow color palette gives the book a child-like feel while making it a picture book. Lazarus also chose these colors for personal reasons related to her business, Yellow Sun, and her name. She even includes hidden drawings of yellow suns as a scavenger hunt challenge for readers. Each chapter begins with an introduction of the child, how ADHD manifests in their life, how adults have interacted with the child, and finally, how the child believes adults could better help and encourage them. The child also becomes aware of how ADHD is their superpower for example a child with ADHD might be creative or a good problem solver. ADHD can be a superpower because a child will be honest or notice everything around them.

This book is recommended with caution for a public library, counseling center, or student support organization that provides assistance and educational literature to parents of children with ADHD. This book provides several options for helping children with ADHD. However, since it is written from a child's perspective some of the advice may not align with the parent's view on parenting. Lazarus' overarching point seems to be parents need to have a knowledge of what limits there are for their child and to be understanding of their child's struggles. Her recommendations

include things like breaking up tasks or sticking to a schedule in order to help children with ADHD be successful. Students with ADHD would appreciate this book because they see other children who have similar struggles and triumphs. It may also be helpful in providing examples of how to express their own feelings about ADHD.

Reviewer

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