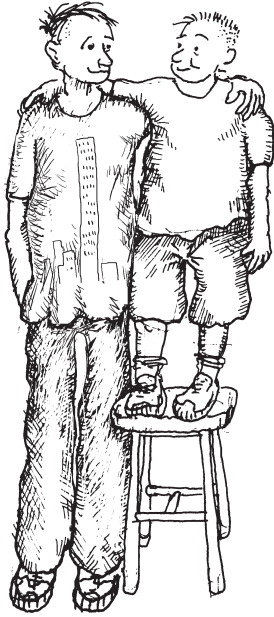


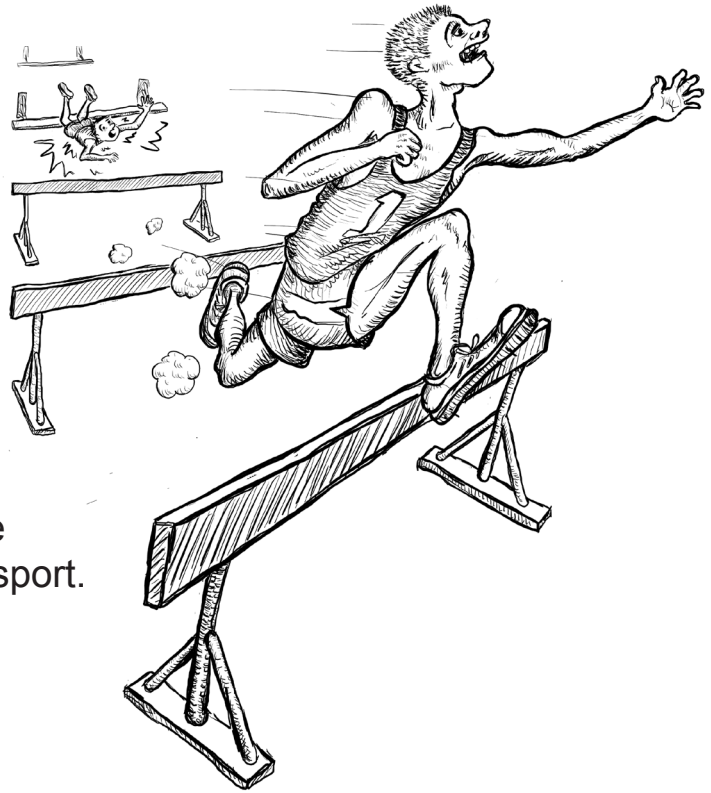
# FULL OF BEANS

Kids are different from each other in many ways.

Some are tall...



...while others are short.

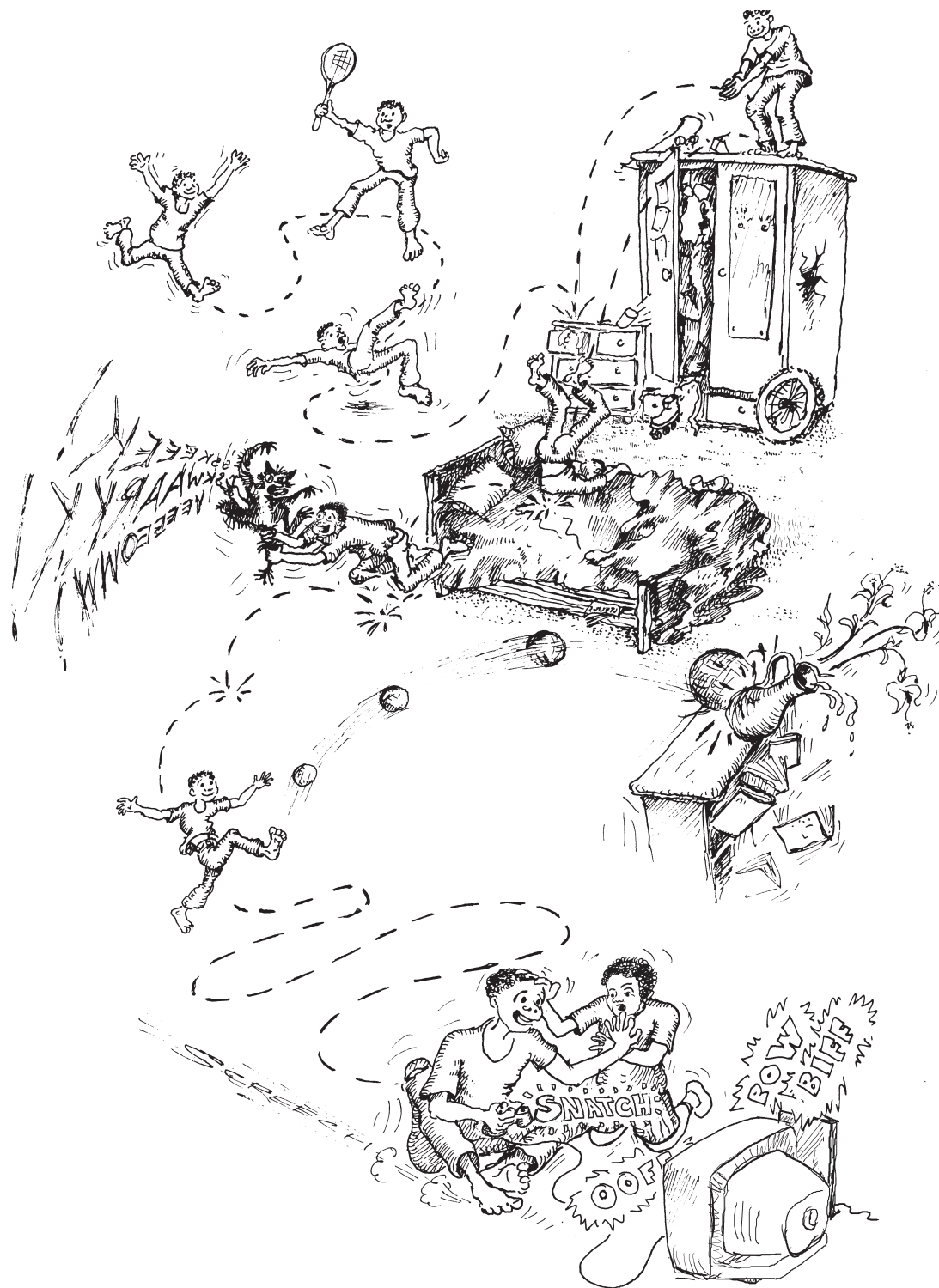


Some are better at sport.



Some kids are good at sitting down and doing their schoolwork.

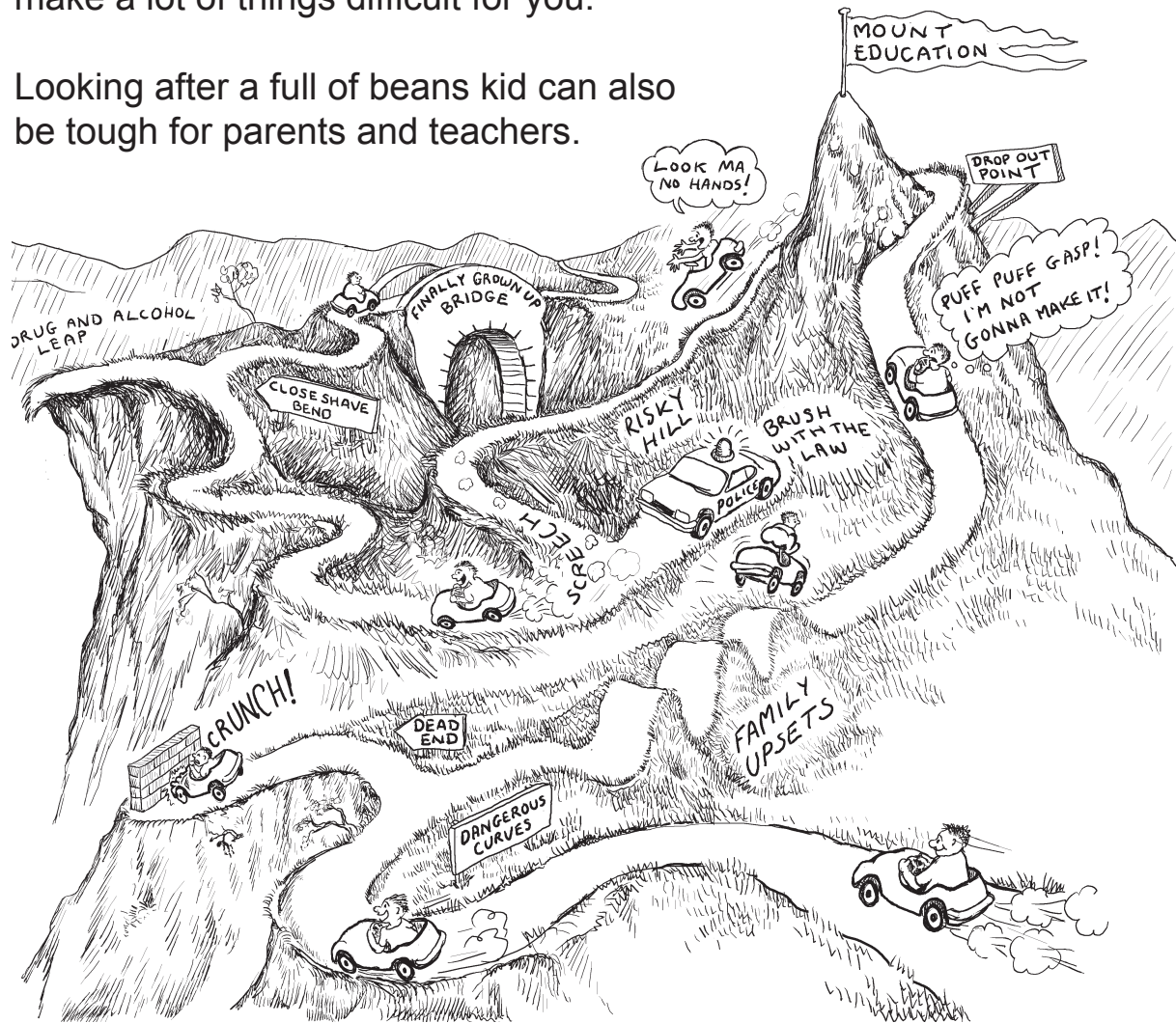
Some kids are full of beans. They are always doing something and seem to have lots of energy.



They often prefer to do many things rather than just one thing.

ADD gets better as you get older. Most kids with ADD do well in lots of things as they become adults but being a full of beans kid can make a lot of things difficult for you.

Looking after a full of beans kid can also be tough for parents and teachers.



Because ADD is tough on everyone all sorts of grownups will want to help you. Doctors and counsellors will see you and help you think up a plan. Your parents and teachers will be able to work with you on the plan every day.

At first you might find it hard to accept help because you don't want to be different from other kids but if you stick with the plan the ADD will cause a lot less trouble and this means more success, fewer hassles and much more fun.

You can do it!