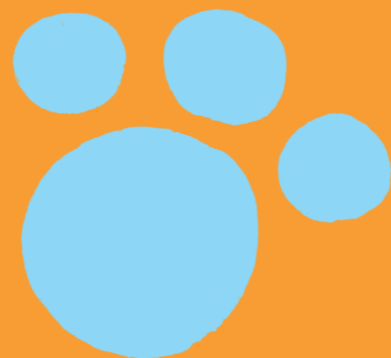


# Zak has ADHD



For Isobel

First published in the UK in 2005 by Red Kite Books,  
an imprint of Haldane Mason Ltd, PO Box 34196, London NW10 3YB  
www.redkitebooks4kids.com

Reprinted 2006  
Second edition published 2013

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British Library CIP Data:  
A catalogue record for this book is available from the British Library

ISBN 978-1-905339-82-2 2nd edition  
(ISBN 978-1-902463-88-9 1st edition)

Printed in China  
2 4 6 8 9 7 5 3 1

Medical consultant: Dr Rob Hicks

**Please note:**

The information presented in this book is intended as a support to professional advice and care. It is not a substitute for medical diagnosis or treatment. Always notify and consult your doctor if your child is ill.



The author and publisher would like to thank ADDISS and ADDers for their help and support with this book

# Zak has ADHD



Jenny Leigh

Illustrated by Woody Fox





Name: Zak Zebra

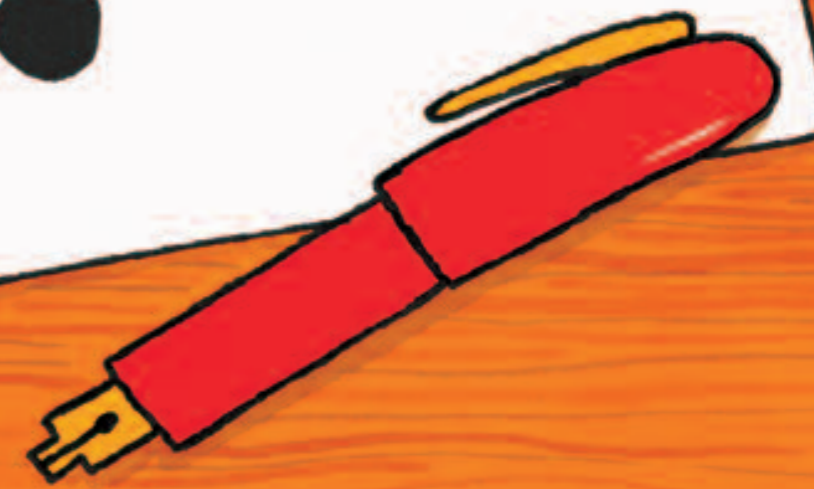
Age: 6

Sex: Boy

Case Notes: Zak was so naughty he was upsetting everyone around him. His parents were very worried about his behaviour and asked me if I could help.



Doctor R Spot





Zak and his class were going on a school trip to their local art gallery. Miss Flamingo handed out their packed lunches as they climbed on to the bus. "Don't open them until lunchtime," she said.

Zak sat down and opened his lunch bag to see what was inside. Clover sandwiches — his favourite. He gobbled them all up straight away.

"Mr Antelope!" called Chris the Crocodile. "Zak has eaten his sandwiches already!"

"That's not a good idea, is it, Zak?" said Mr Antelope. "Now you will have nothing to eat at lunchtime!"



In the art gallery, the children sat on the floor in front of a large painting. They were copying a vase of flowers into their sketch books.

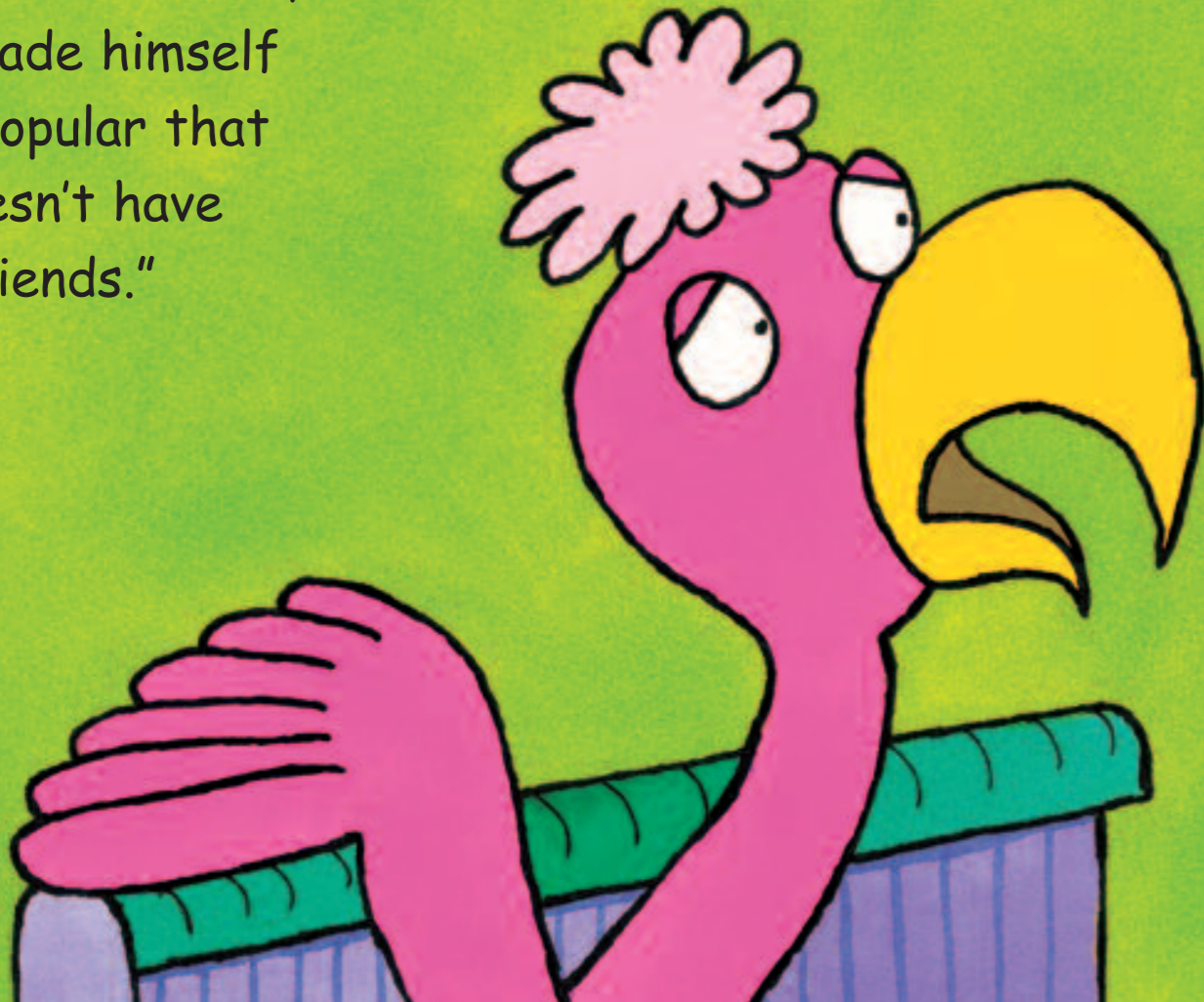
"I'm bored," said Zak. He threw down his pencil and paper and got up, backing straight into a large sculpture on a stand. The sculpture wobbled and Miss Flamingo had to rush over and steady it.

"Zak!" she said firmly. "If you can't sit quietly with the other children, you won't be able to come on any more school trips."



On the way back, Miss Flamingo and Mr Antelope talked about Zak.

"He is the naughtiest child I have ever had in my class," exclaimed Miss Flamingo. "He's rude, he doesn't listen, he can't sit still for a moment, and he's made himself so unpopular that he doesn't have any friends."



"I know," said Mr Antelope. "But I wonder if there might be more to it than his just being naughty. Maybe we should talk to his parents and suggest they see if Doctor Spot could help."

