

READS FOR PAEDS

Ava's Diary

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Hi!

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I live in my
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bunny, Mr. FLUR
(forgot bunny's
name).

I'm u

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Hi! My name is Ava and I'm 7 years old.

I'm in grade 2 and my favourite subject is art!

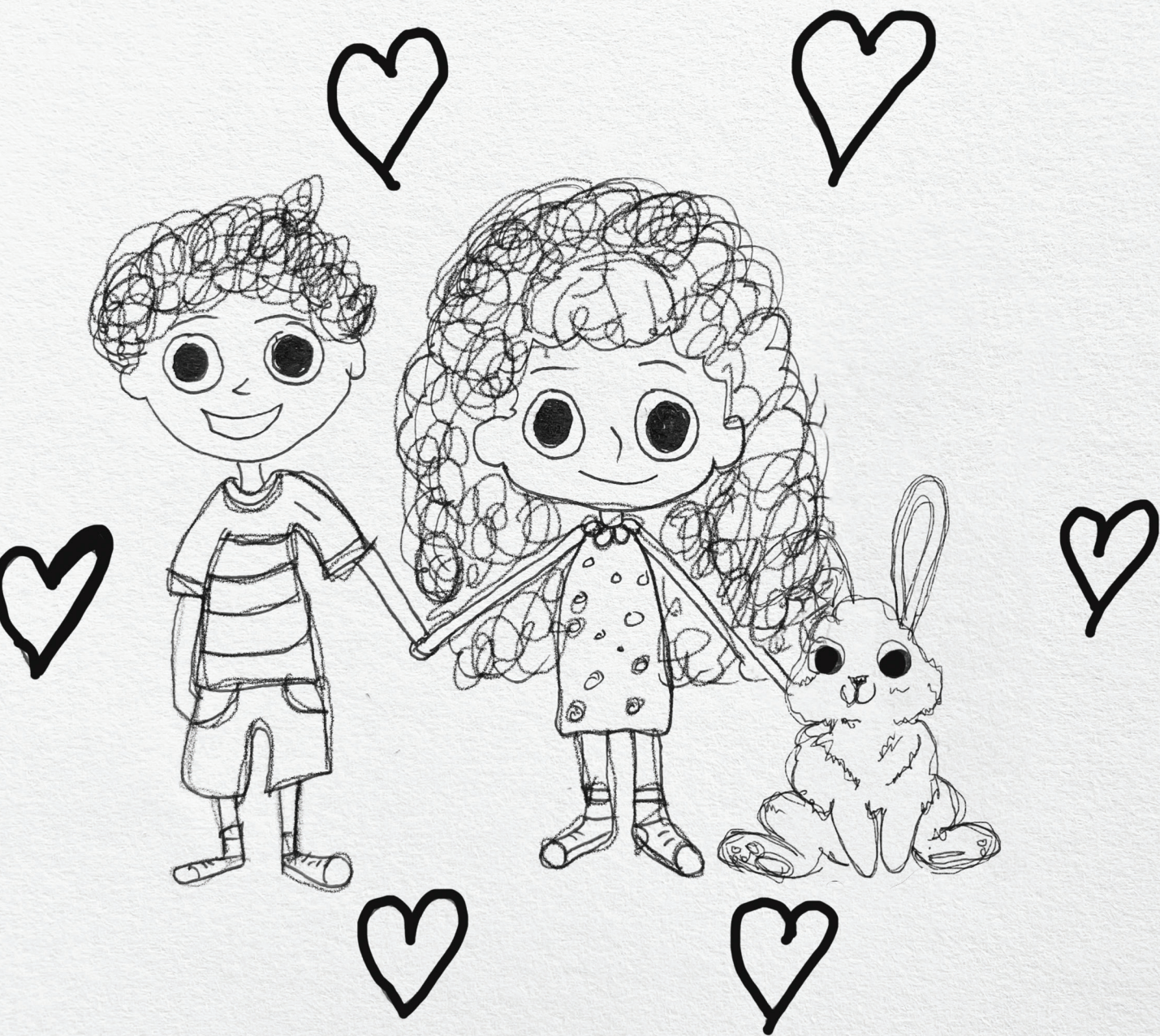
I live in my house with my mom and my dad and my pet bunny, Mr. Fluffernutter.

I'm writing this diary because my teacher told us to and because I like drawing pictures.

OH! I just saw a really pretty butterfly outside my window! It was blue and black and had little white dots.

ok bye!





Hi! It's me Ava!

Today I want to write about my two best friends! One of them is my pet bunny, Mr. FLUFFERNUTTER and the other one is Ansh. Me and Mr. FLUFFERNUTTER are the same. We both like carrots, we both like sitting and staring out the window and we both like running around.

My mom says that I'm basically a bunny because of how easily I get distracted but I don't really get what that means.

Anyway, my second best friend is Ansh! He's in my grade and he's really nice. He helps me with classwork and he plays with me during recess! OK I'm going to go play with Mr. FLUFFERNUTTER now! Bye!



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Hi Diary! Something bad happened today. During class, Ms. Reid asked me to come up to the board and solve a math problem but I got distracted by the flowers outside the window so I didn't hear her. Then when I went up to the board I couldn't focus on the question so I stopped halfway and didn't solve the problem.

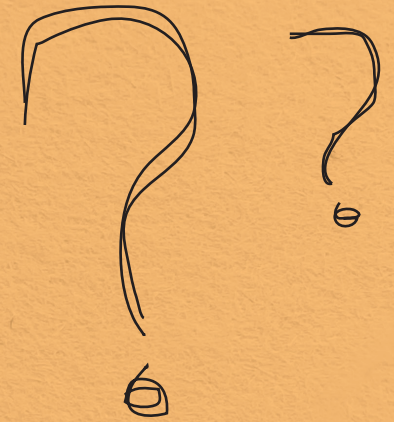
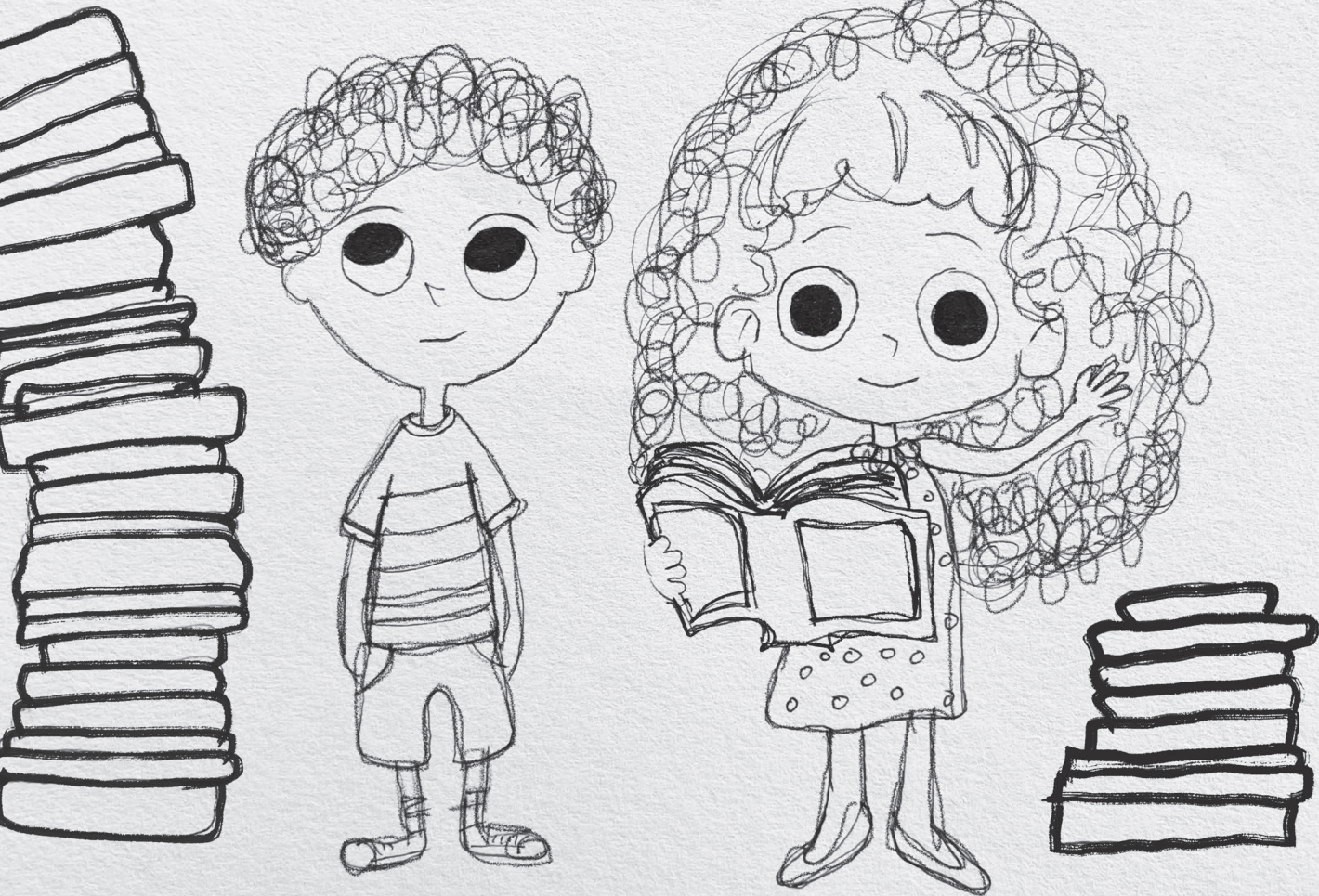
Then when I was playing at recess Billy came and pushed me down.

He was calling me names like dummy and ditzy because I couldn't solve the question. It was so mean.

Ansh came and helped me up and he told Billy to go away or he would call the lunch monitor.

I don't know what's wrong with me diary, I don't like this.





Hi Diary! Me and Ansh were reading during quiet time today and he told me I might have something called ADHD. He said his older cousin Imran has something like this.

Ansh said I should try going to Ms. Reid and maybe she would be able to help me.





Hi Diary,

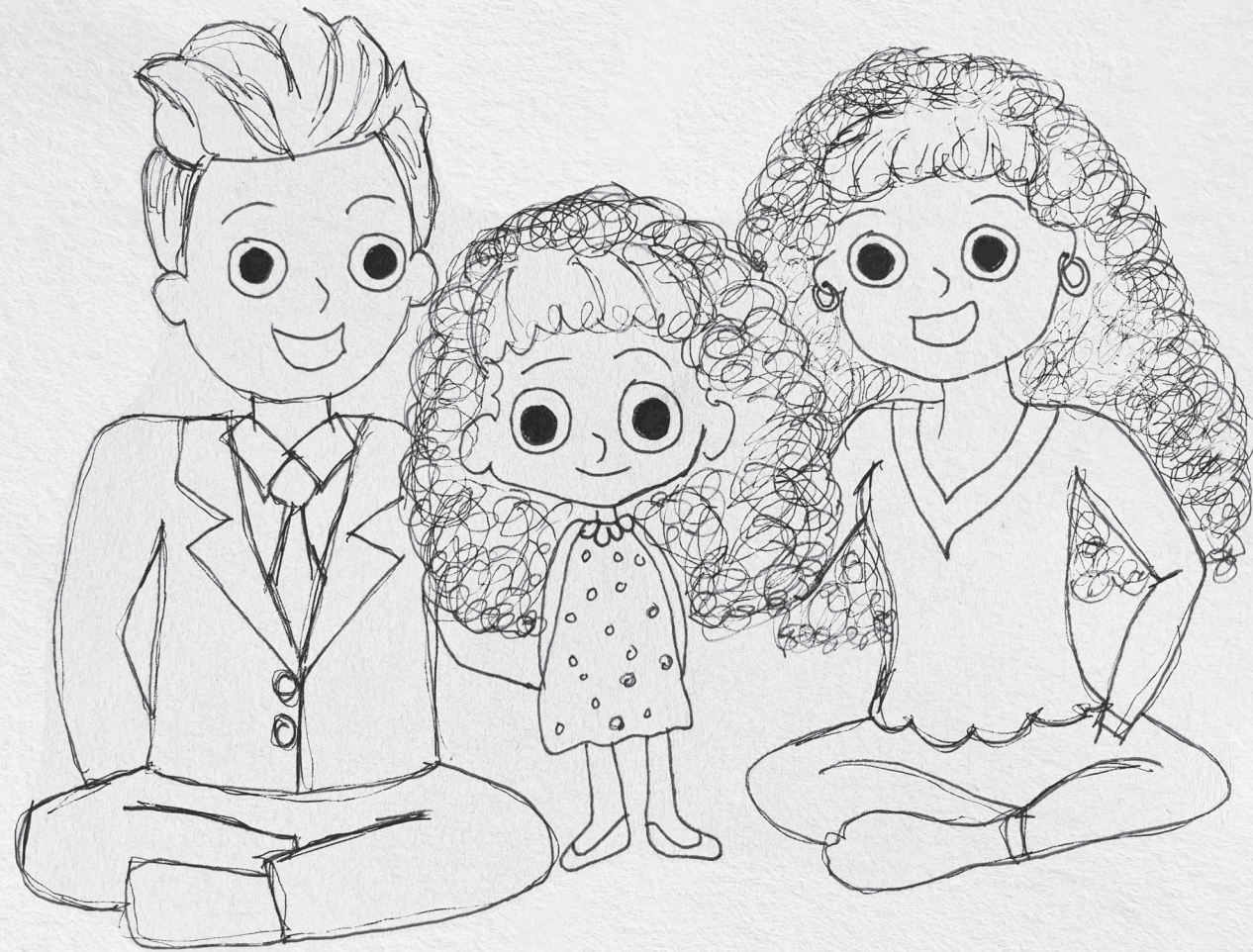
I listened to Ansh and went to Ms. Reid.

I told her I was having trouble in class and I was always fidgety. I told her I spend most of my time in her class daydreaming and that's why I was having a hard time with the things she was teaching.

Ms. Reid was really nice to me! She said it was ok and she would write a note to my parents explaining what might be going on and how we could get help for it!

I'm really glad Ansh convinced me to talk to Ms. Reid!

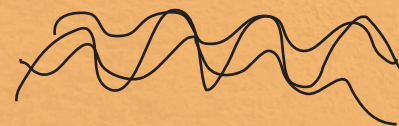




Hi Diary! Today was a little weird. I heard mom and dad on the phone with Ms. Reid, they were talking for a really long time. I know Ms. Reid said I'm not in trouble or anything but maybe this is bad?

I don't know. But after, mom and dad sat me down and said that they wanted to come with me to go see our doctor next week.

I'm a little nervous but they held my hand the whole time so I think maybe everything is going to be ok.



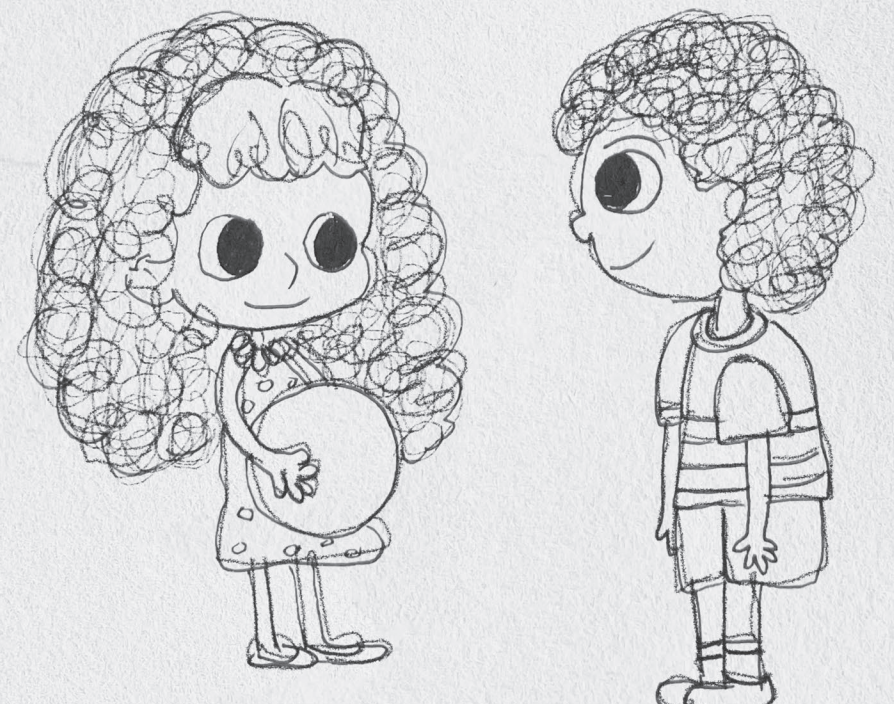
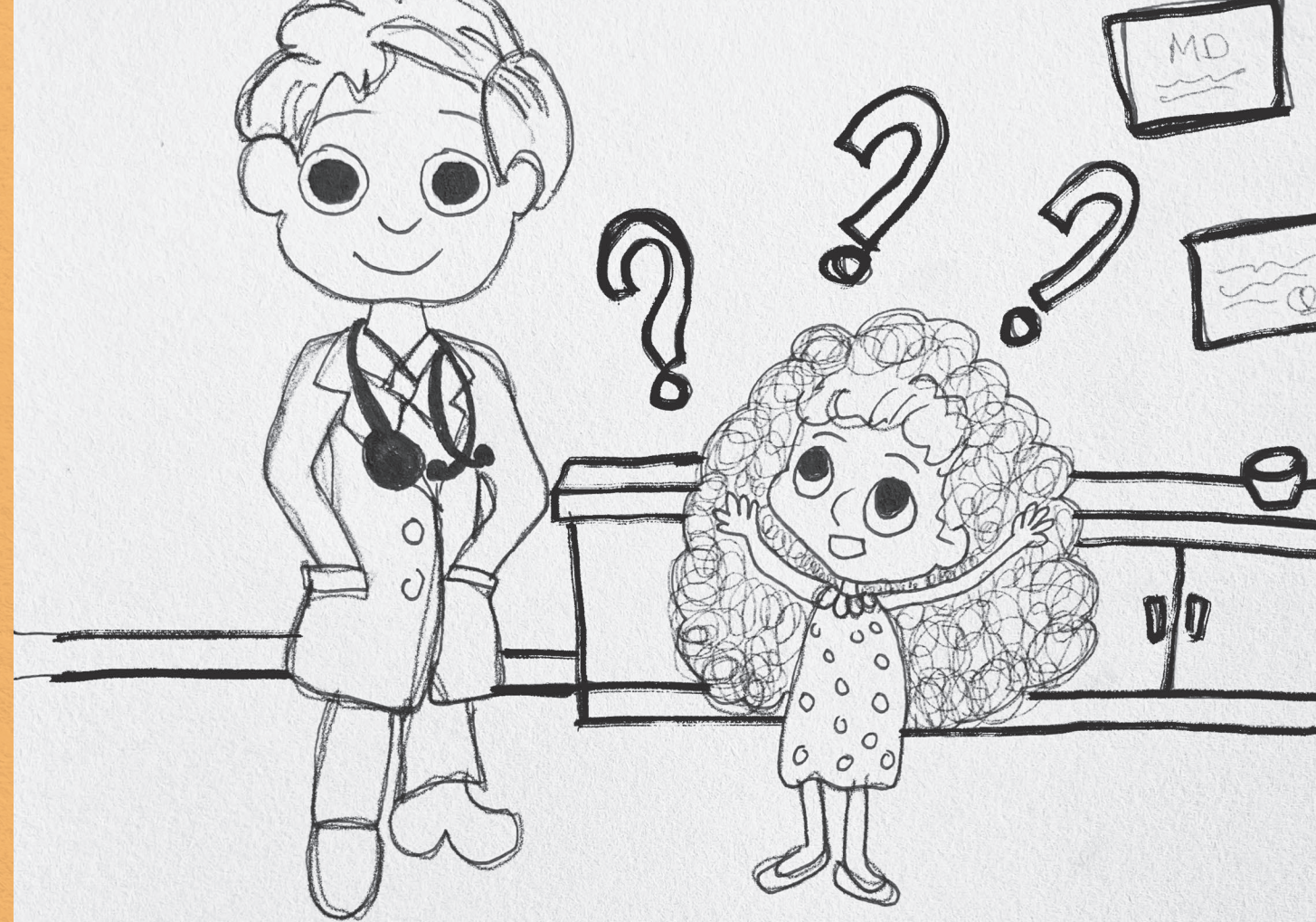
Hi! I know you've also probably been waiting to hear ALL about it Diary. It actually wasn't scary at all. Dr. S was SUUUUPER super nice!! We actually met with him a few times! He even had us bring in my old report cards? WEIRD.

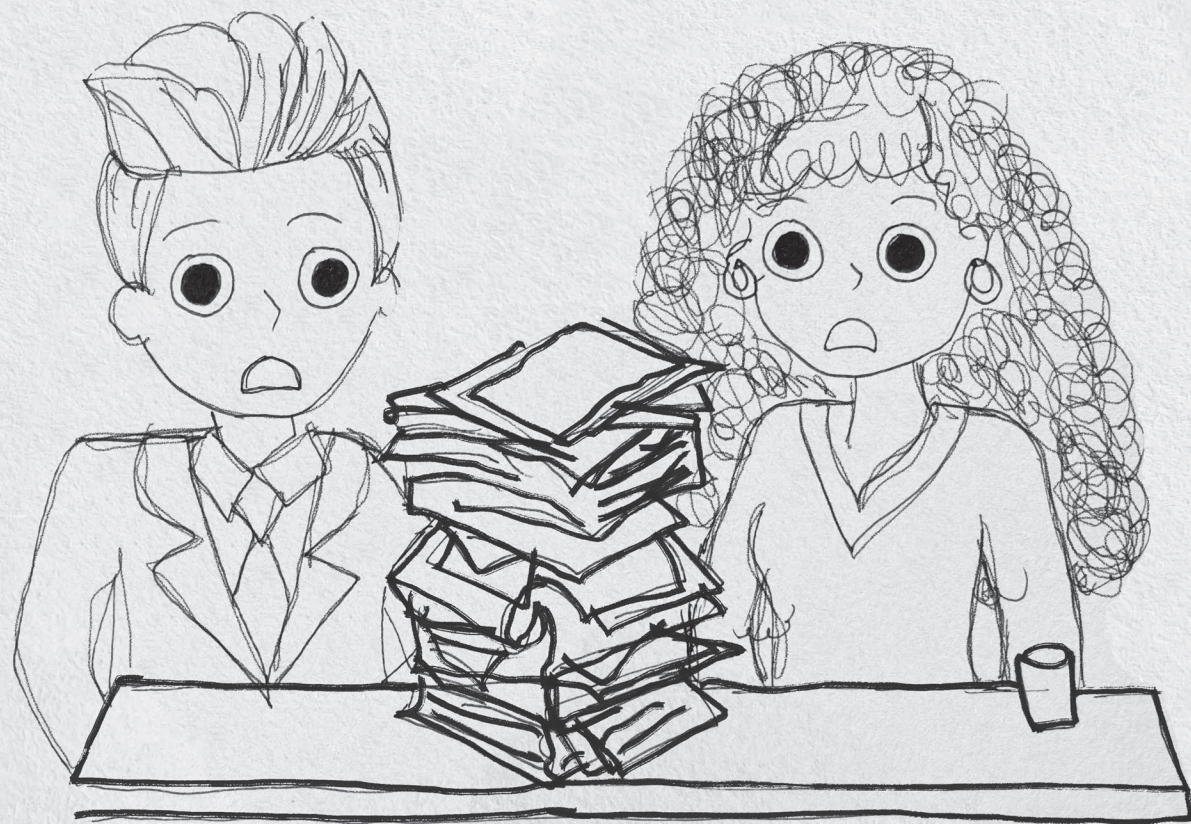
He asked me some questions and then he talked to me and mom and dad all about ADHD.

I asked him about Imran and if that meant I was going to need all the same stuff he needs and he said that a lot of kids have it in different ways so like me and Imran might not actually be the same same like Ansh was saying.

When I was talking to the doctor, he asked me about all that stuff I'm always doing like drawing in this diary during class and always having to get up and move and he said that a lot of it might be because of ADHD.

BRB going to play dodgeball with Ansh right now!!! I'll be back to tell you more soon!





OOOPS sorry I forgot to come back after dodgeball!! Hope you weren't waiting too long for me.

Anyways, Dr. S. said there were some different options for what we could do. He even said mom and dad can do something called parental skills training. I thought that was SO funny because Ansh's dog had to go to puppy training before. Mom and dad didn't find it as funny though.

The doctor gave mom and dad this HUGE pile of papers to read about stuff like making schedules at home and all this other stuff. I wonder if they're actually going to read all of it. It seems like they're taking this SUUPER seriously.



Hi Diary! I have SO MUCH to tell you!!
Ok so first of all, I'm seeing a counsellor named Mr. Morgan and he's so fun to talk to. Also, mom and dad started doing this thing called timer time and basically every time I have to do something they set their phone alarm to go off for me. It's kind of like I'm competing against myself- I wonder who's winning!

They even finally signed me up for the hip-hop dance classes I was asking them for!! I made a new friend there- her name is Talia!!

My doctor, parents and I are also gonna decide if medicine is right for me!



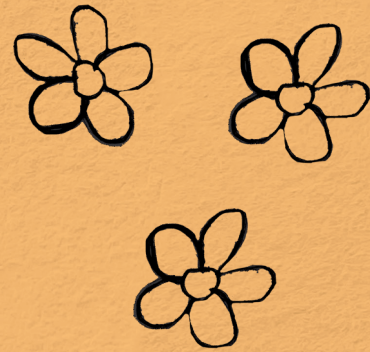
Hi Diary!

I LOVE my new Grade 5 teacher... her name is Ms. Wright. She sat me down after class last week to talk to me about my ADHD. At first, I was scared, but she was super friendly:

She's letting me take more time to write tests.

I am also sitting closer to the whiteboard so I can concentrate better.

And she reminds me how proud she is that I am doing so much better at school!



Hi again!

I'm getting along a lot better with kids in my class, even Billy. Ms. Wright taught our class about my ADHD last week, and I think they understand me better. Still, I have to stand up for myself from time to time.

Ansh helps me out a lot when others are mean. BUT more importantly, I help myself out!

I'm never mean to others either. I just remind myself that they don't always know my story.



So...

I still have a lot of my bad days. Sometimes I find it hard to concentrate in class. Sometimes I find other kids to be mean. Sometimes I feel like I can't do anything!

But I finally realize that this is who I am.

I will always have bad days, but I have a ton of good days too. My ADHD won't go away, but I know how to work with it now.

Because I have so many supportive friends, family and teachers, I know I will be okay. I am so proud of who I am and I like who I am!

Ava's Diary

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