

GLOSSARY

This part of the book explains the words in **bold** type that you have read in the chapters.

ADD (attention deficit disorder): A label sometimes given to people when differences in the way their brains work make it hard for them to pay attention. The label used most often by professionals is “ADHD, Inattentive type.”

ADHD (attention deficit hyperactivity disorder): A label people are given when differences in the way their brains work make it hard for them to pay attention or stay still. There are three types of ADHD.

ADHD coach: A person who helps kids with ADHD face the challenges ADHD creates for them and their families.

allergens: Substances in the air or in food that can cause bad reactions in people’s bodies. Common allergens are found in dust and some foods.

BD (behavior disorder): A label given to kids who have trouble showing good behavior. ED, EBD, SED, or other labels sometimes are used for these kids.

carbohydrates: Sugars and starches found in breads, cereals, and vegetables.

counselor: A professional who talks with people about their feelings and tries to help them feel better.

depressed: Feeling very sad or hopeless for long periods of time.

family counselor: A professional who talks with families and gives advice for making things go better at home.

504 Plan: A plan that helps a child with special health care needs fully participate in school. The plan might include things such as providing a student with ADHD clear and simple directions for homework and in-class assignments, a quiet place to work, or access to a computer in school for written work.

hyperactive: An ADHD trait that means it's hard to stay still or quiet.

IDEA (Individuals with Disabilities Education Act): A law that makes sure schools in the United States teach kids with special needs in the ways they learn best.

IEP (Individualized Education Plan): A plan that lists the learning needs of kids with LD (learning differences) and explains ways teachers can help them succeed at school. IDEA requires that kids in special education have IEPs.

impulsive: This ADHD trait means doing or saying things too quickly without thinking enough about them.

inattentive: This ADHD trait means having a hard time paying attention.

indecisive: This ADHD trait means that it takes a long time to make decisions.

LD (learning differences): A label given to kids who learn in ways different than most people.

nervous system: A system of nerves that carries messages around the body. For example, if you're trying to be still, the brain will send the message "be still" to the other parts of your body using the nervous system.

neurologist: A doctor who understands how the human brain works and who is an expert on the nervous system.

nutrients: Parts of food that give the body and brain energy and help them stay healthy.

nutritionist: A person who is an expert on food and how it helps our bodies.

occupational therapist: A professional who knows a lot about human senses. This expert helps kids with ADHD by teaching them helpful body exercises.

pediatrician: A doctor who knows a lot about how to help kids stay healthy.

physical therapist: A professional who helps people with injuries or illnesses improve their movement and manage their pain by doing certain stretches and exercises.

physician: This is another word for *doctor*. Physicians go to medical school to understand how the human body works so they can help people stay healthy.

proteins: Liquids inside your brain and body that help you stay still and pay attention.

preservatives: Chemicals used to keep food from spoiling. Foods with lots of preservatives can be bad for kids with ADHD.

psychiatrist: A professional who knows a lot about how people think and act. Psychiatrists talk with people about their feelings and can prescribe medication to help them feel better.

psychologist: A professional who knows a lot about how people think and act. Psychologists talk with people about their feelings and try to help them feel better.

resource room (or resource class): A place at school where kids with LD (learning differences) go to get extra help.

resource teacher: A teacher who has special training to help students with LD (learning differences) study and learn.

side effects: Ways that medicines affect people that do not help them feel better.

social worker: A professional who talks with families and gives advice for making things go better at home.

special education (or special ed): Classes and learning opportunities for kids who have LD (learning differences).

speech and language therapist: A professional who diagnoses and treats communication and swallowing disorders in patients. Oftentimes, this person is called a speech and language pathologist.

superfoods: Foods that have many of the nutrients your body and brain need to stay healthy and strong.

supplements: Capsules, liquids, and tablets that help provide you with the nutrients your body and brain need to work well.

traits: Different ways people think, act, and feel. Traits affect how people do things and get along with others.