

**TALKATIVE
TOMMY**
and his friend, Flynn



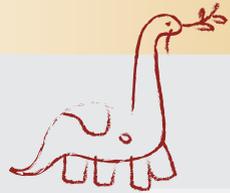
Talkative Tommy
and his friend,
Flynn, is a story
about a boy
who has a lot
to say and is
finding ways
to manage his
talkativeness.

Tommy

was a very happy little boy who loved to talk. Often, he would get so caught up in what he had to say, that he would forget to pay attention to the person he was talking to.

Now, talking about the things you like isn't a bad thing, but it sometimes got Tommy into trouble!

Today, Tommy's mom was doing some work on her laptop. She needed 5 minutes to finish her work and then would be ready to listen. But Tommy really wanted to tell her about his new book.



But Tommy just kept on going...

and going...

and going...

and going...

The book was about dinosaurs. He told her about all of the dinosaurs in it, one by one. Flynn tried to tell Tommy to stop, but Tommy kept on going. His mom tried to interrupt to ask him to stop.

TOMMY!!!!

Can you please stop talking?

Tommy stopped.

I just need
5 more minutes
and then I'll be
ready to listen.



Flynn couldn't understand why it was so hard for Tommy to stop talking sometimes. Tommy knew he talked too much but he just couldn't help it.

One of his mom's friends told her that perhaps Tommy has ADHD, like her daughter Daisy.

Daisy's doctor had said that ADHD can have a lot of different symptoms—some kids are not able to sit still, some are very talkative, and some are not able to pay attention to things.

It was time to visit
a doctor—maybe the
doctor could help!



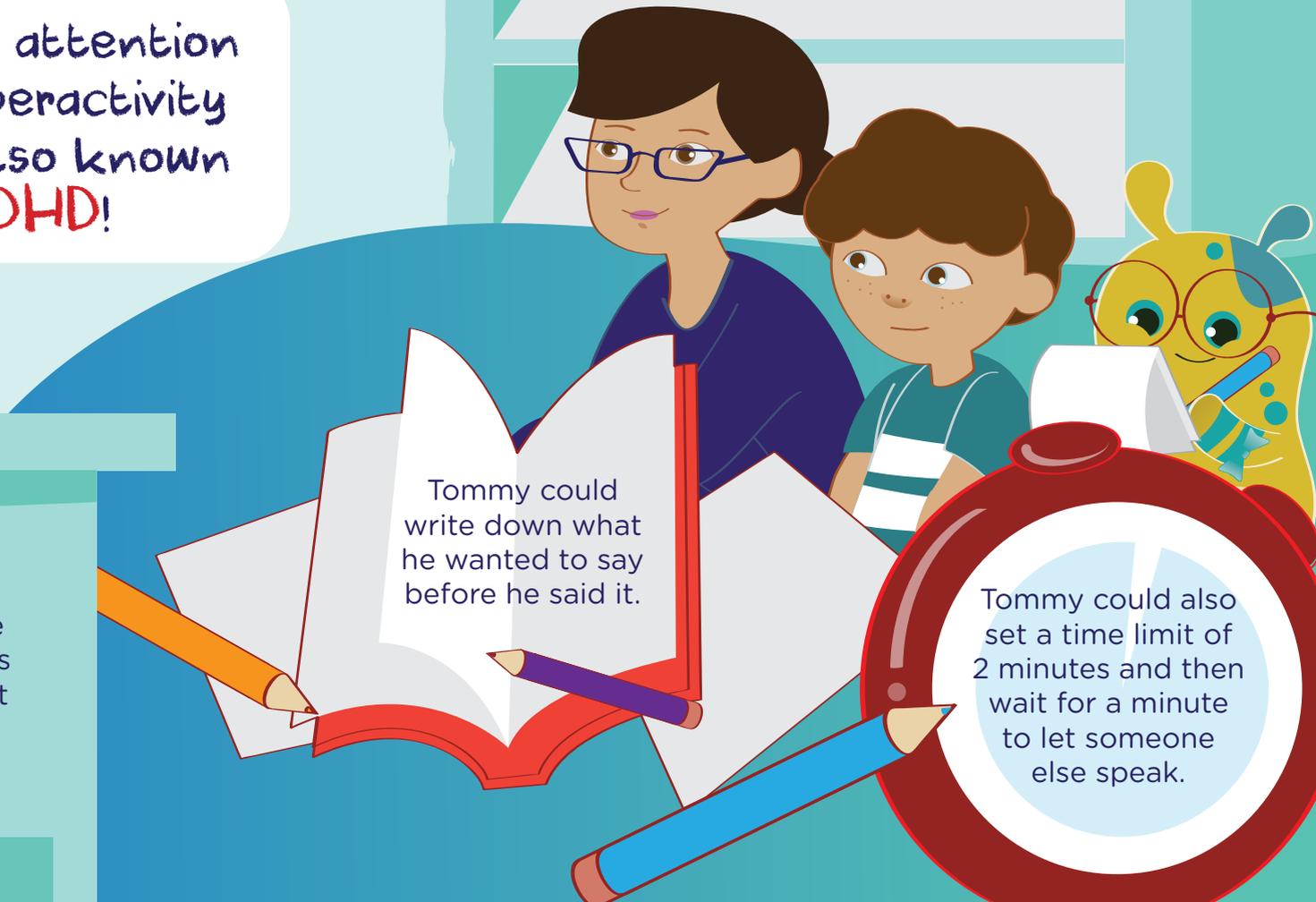
So, off they went to visit Dr. Chase. He asked Tommy and his mom a lot of questions about how Tommy was at school and at home. After a few appointments, Dr. Chase came to a conclusion.



Tommy has attention deficit/hyperactivity disorder, also known as **ADHD!**

ADHD is very common, but there are lots of things you can do to help manage it.

In addition to a medicine, Dr. Chase gave lots of ideas that they could try.



Tommy could write down what he wanted to say before he said it.

Tommy could also set a time limit of 2 minutes and then wait for a minute to let someone else speak.

Dr. Chase explained that ADHD may involve a problem with the circuits of the brain and a chemical imbalance. Tommy's mom was so relieved to understand what Tommy was going through.

Tommy and his mom were excited to try the great ideas that Dr. Chase gave them. And Flynn was excited to help Tommy too.

Over the next couple of weeks, Flynn reminded Tommy about all the things he had to do each day so he wouldn't forget!



Tommy also practised managing his talkativeness every day by writing things down and giving himself a time limit to speak.

Tommy's mom was so happy to see that the medicine and tips were working. She saw a very big difference in Tommy's talkativeness and she couldn't be more proud of her son.



Tommy felt very good about his progress, and with Flynn's help, he felt that he would get better and better.

Even his friend, Daisy, saw a big difference in him! Daisy was the opposite of Tommy. She didn't talk too much—in fact, she was very quiet.



She had such a great imagination and was **always** daydreaming, which made her forget to focus on what was going on around her!

You would think that being quiet meant Daisy didn't get into trouble like Tommy, but it was quite the opposite.

Read more about Daisy in the book titled "Daydreaming Daisy and her friend, Flynn"!



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