

# Book Ideas

## Tips for Choosing Books for Children Living with ADHD & Dyslexia



### Getting Started

Things to think about and look for when choosing books for kiddos living with ADHD & Dyslexia.

1

#### HIGH-INTEREST TOPICS

Books about animals, adventure, or humor are often engaging.

2

#### EMPHASIZE VISUALS

Graphic novels and picture-heavy books provide context clues for comprehension.

3

#### DYSLEXIA-FRIENDLY FEATURES

Books using larger fonts, spaced-out text, or specific typefaces like OpenDyslexic can be helpful.

4

#### AUDIOBOOKS AND E-BOOKS

Listening to stories while following along in the text supports fluency and comprehension.

## Books for Pre- & Young Readers

### Interactive and Sensory-Friendly Books:

Why They Work:

These books engage children physically, which helps those with ADHD who may struggle with sitting still or focusing on static text. Tactile elements and interactive prompts keep their hands and minds active, promoting sustained attention. Ex: [Press Here](#) and [TouchThinkLearn](#).

### Books with Repetition and Rhymes:

Why They Work:

Predictable, repetitive text creates a sense of familiarity, helping children with Dyslexia decode words more easily. Rhymes and rhythm enhance phonemic awareness, a foundational skill for reading. Ex: [Brown Bear, Brown Bear, What Do You See?](#) and [Llama Llama](#) series.

### Books with Engaging Visuals and Themes:

Why They Work:

Bright, expressive illustrations provide visual clues that support comprehension for children with Dyslexia. For kids with ADHD, humorous and relatable themes make the stories captivating and easier to follow. Ex: [The Pout-Pout Fish](#) and [Elephant & Piggie](#) series.

## Books for Early Readers

### Books with Dyslexia-Friendly Fonts:

Why They Work:

Dyslexia-friendly fonts with spaced-out letters reduce visual crowding, making it easier for children to track text. Stories about characters with similar challenges build empathy and self-confidence. Ex: [The Boy Who Made the World Disappear](#) and [Hank Zipzer](#) series.

### Graphic Novels and Illustrated Chapter Books:

Why They Work:

Visual storytelling bridges the gap between picture books and text-heavy chapter books, making it easier for children with Dyslexia to understand the story. For kids with ADHD, dynamic illustrations and humor keep the pacing lively and engaging. Ex: [Dog Man](#) and [Narwhal and Jelly](#) series.

### Phonetic Awareness and Early Literacy:

Why They Work:

These books focus on simple, decodable text that builds early literacy skills systematically. Their progression helps children with Dyslexia gain confidence, while short, achievable goals suit children with ADHD's shorter attention spans. Ex: [Bob Books](#) and [I Can Read! Phonics](#) series.

# Books for Independent Readers

## Action-Packed Stories:

Why They Work:

Fast-paced plots and relatable protagonists (like Percy, who has ADHD and Dyslexia) keep kids with ADHD engaged. For children with Dyslexia, themes of resilience and overcoming challenges inspire perseverance. **Ex:** [Percy Jackson and the Olympians series](#) and [The Last Kids on Earth series](#).

## Books with Short Chapters:

Why They Work:

Short chapters and cliffhanger endings help children with ADHD feel a sense of accomplishment and maintain focus. Simple vocabulary and engaging topics make them approachable for children with Dyslexia. **Ex:** [The Magic Tree House series](#) and [Time Warp Trio series](#).

## Inclusive and Empathetic Stories:

Why They Work:

These stories feature characters who navigate learning differences, fostering self-acceptance and empathy. They help children with Dyslexia see their potential and give kids with ADHD relatable role models. **Ex:** [Fish in a Tree](#) and [El Deafo](#).

## What Makes These Books Work Well?

1

Engagement  
Through Visuals  
and Interactivity

Books with strong illustrations and interactive elements capture attention, crucial for children with ADHD who may struggle with traditional text-heavy formats.

2

Simplified,  
Predictable Text

Repetition, rhyming, and predictable patterns help children with Dyslexia decode words and build fluency without becoming overwhelmed.

3

Relatable and  
Empowering  
Content

Protagonists who face and overcome challenges (like Percy Jackson or Hank Zipzer) inspire children with ADHD and Dyslexia, making them feel seen and capable.

4

Accommodating  
Learning  
Differences

Features like dyslexia-friendly fonts, shorter chapters, and engaging storylines cater to children's unique learning needs, reducing frustration and encouraging a love of reading.

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