

**W**hen Kerann Christopherson of Santa Clara, CA submitted this poem, it certainly made the editors of ATTENTION! smile. Kerann, pictured here, is the mother of a twelve-year-old boy who has ADD. Everything else that is important about her – her obvious love and caring for her son, her sense of humor, etc. – you’ll learn by reading her poem. Thanks Kerann...

**Every A.D.Darn Day**  
(written with lots of love)  
by Kerann Christopherson

hey, wake up kid  
and wake up! again!  
when I said it the fourth time  
I saw you hiding that grin

get moving kid  
get up! on your feet  
get your butt downstairs  
now! you need to eat

finish your waffle  
and please take your pill  
put back the milk  
wipe up what you spill

why must I ask things  
again and again?  
why don't directions  
EVER seem to sink in?

it seems simple enough  
but somehow it is not  
and black is just white  
and cold's VERY hot

oh my! that's really what  
you were planning to wear?  
have you brushed those teeth?  
even looked at your hair?

find your shoes, quick!  
and pick up your pack  
get out the door...  
and just WHY are you back?

forgot your lunch, huh?  
well, here you go  
got everything now?  
(the answer is NO!)

where's that page  
you worked on last night?  
go check in the den  
go back, turn off that light!

yep, missed the bus  
so, again mom will drive  
again late for work  
again growing hives

good morning, I'm here  
who's that on the line?  
principal who?  
no, sure, everything's fine

hello? yes, Mr. Crumb...  
yes, I know, he's a tough one  
please call me again  
if you want... just for fun

fight traffic to get home  
grinding teeth on the way  
RELAX! think about horses  
and just riding away

don't walk in here buddy  
with that mud on your shoes  
cleaned the carpet on Sunday  
it DID look like new

eat your hamburger please

sorry, I know you feel full  
but trust me on this  
you've room for the whole bull

so how was your school day?  
what? no! you said that?  
detention on Thursday...  
boy, we need to chat

teacher said she had to  
just keep your gold star  
next time please leave  
the formaldehyde pig IN the jar!

when you know you want to speak  
stop and think please – "BEFORE"  
what's said without thinking  
might cause an uproar

or was that the idea?  
the uproar? exactly!  
it made MUCH more exciting  
pointless, boring Hist'ry

(why did he say that?  
just WHAT was he thinking?  
how can I cope  
since I'm not much for drinking?)

someone please HELP me!  
make me understand  
how this ADD thing showed up  
though not in the plan)

no homework tonight?  
hmm, so you say  
you know I'll find out tomorrow  
if you just chose to play

oh well, get in the shower  
why??? because!  
(so tired of explaining  
I've got aching jaws)

turn down the music  
and please shut your door

pick up your clothes  
what's that hamper for?

Don't get pee on the tile!  
if you do, wipe it clean  
and for crying out loud  
flush that toilet! I'm mean?

brush your teeth good  
and please get to bed  
don't pinch the dog  
don't bang your head

don't pester your sister  
stop chasing the cat  
now, that's just not nice...  
shouldn't tell mom she's fat!

apologize and sleep now  
so I can please too  
yes, of course, I forgive you  
(sigh) I always do