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ADHD RESOURCES FOR PARENTS

BOOKS – ALL AVAILABLE THROUGH AMAZON.COM

Ashley, Susan. (2012). *1000 Best Tips for ADHD: Expert Answers and Bright Advice to Help Your Child*. Naperville, IL: Sourcebooks.

Association for Youth, Children and Natural Psychology. (2011). *Overcoming ADHD Without Drugs: A Guidebook for Parents and Teachers*. Newark: Northeast Books & Publishing.

Barkley, Russell A. (2000). *Taking Charge of ADHD: The Complete, Authoritative Guide for Parents*. New York: Guilford Press.

Brown, Thomas E. (2005). *Attention Deficit Disorder: The Unfocused Mind in Children and Adults*. New Haven Yale University Press.

Ellison, K. (2011). *Buzz: A Year of Paying Attention*. New York: Hyperion Books.

Fowler, M.C. (1999). *Maybe You Know My Kid: A Parent's Guide to Identifying, Understanding, and Helping Your Child with Attention Deficit Hyperactivity Disorder*. Secaucus, NJ: Birch Lane Press.

Hallowell, Edward M, and Ratey, John J. (2011). *Driven to Distraction: Recognizing and Coping With Attention Deficit Disorder from Childhood through Adulthood*. New York: Touchstone.

Hallowell, Edward M, and Ratey, John J. (2007). *Delivered from Distraction: Recognizing and Coping With Attention Deficit Disorder from Childhood through Adulthood*. New York: Ballantine Books.

Heininger, J.E. & Weiss, S.K. (2001). *From Chaos to Calm: Effective Parenting Of Challenging Children with ADHD and Other Behavioral Problems*. New York: Perigree Books.

Hughes, Daniel A. (2009). *Attachment-Focused Parenting: Effective Strategies to Care for Children*. New York: W. W. Norton & Company.

Jensen, P.S. (2004). *Making The System Work For Your Child With ADHD*. New York: Guilford Press.

Reiff, M.I. (2004). *ADHD: A Complete Authoritative Guide*. Elk Grove, IL: American Academy of Pediatrics.

Wilens, T.E. (2004). *Straight Talk about Psychiatric Medications for Kids* (rev. ed.). New York: Guilford Press.

Yaeger, M., & Yaeger, D. (2013). *Executive Function & Child Development*. New York: W.W. Norton.

ARTICLES AVAILABLE FOR FREE DOWNLOAD

Identifying and Treating Attention Deficit Hyperactivity Disorder: A Resource for School and Home. (2003). Washington: U.S Department of Education.

Available for FREE download at

<http://www2.ed.gov/teachers/needs/speced/adhd.adhd-resource-pt1.pdf>

Attention Deficit Hyperactivity Disorder (ADHD). National Institute of Mental Health.

Available for FREE download at

http://www.nimh.nih.gov/health/publications/attention-deficit-hyperactivity-disorder/adhd_booklet.pdf.

Effective Treatment Options for ADHD in Children and Teens. (2012). Agency for Healthcare Research and Quality.

Available for FREE download at

http://effectivehealthcare.ahrq.gov/ehc/products/191/1148/adhd_con_fin_to_post.pdf

Brown, Thomas E. (2007). A New Approach to Attention Deficit Disorder.

Available for FREE download at

http://www.drthomasebrown.com/pdfs/drbrown_ADD_anewapproach.pdf

Brown, Thomas E. (2008). Executive Functions: Describing Six Aspects of a Complex Syndrome. *Attention*, February 2008.

Available for FREE download at

http://www.drthomasebrown.com/pdfs/Executive_Functions_by_Thomas_Brown.pdf

Brown, Thomas E. (2006). Inside the Unfocused Mind. *Attention*, April/May, 2006.

Available for FREE download at

<http://www.drthomasebrown.com/pdfs/additude.pdf>

Brown, Thomas E. (2009) ADHD and Co-Occurring Conditions. *Attention*, February 2009.

Available for FREE download at

http://www.drthomasebrown.com/pdfs/Feb09_CooccurringConditions.pdf

Brown, Thomas E. (2011). Executive Function Impairments in High IQ Adolescents and Children with ADHD. *Open Journal of Psychiatry*, 2011, 1, 56-65.

Available for FREE download at

<http://www.drthomasebrown.com/pdfs/OJPsych.HighIQKidswithADHD.pdf>

Parent Care Package. (2013). Edge Foundation.

Available for FREE download at

<https://edgefoundation.org/parents/free-parent-care-package/#free>

Yeager, Marcie. (2009). Executive Function: A Key to Understanding the ADHD Mind. *Play Therapy*, June 2009.

Available for FREE download at

http://www.yeagercentercounseling.com/uploads/2/3/7/7/2377039/apt_article-adhd.pdf

WEBSITES WITH FREE RESOURCES

Additude: Living Well With ADHD – Resources for Teachers and Parents

<http://www.additudemag.com>

American Academy of Child & Adolescent Psychiatry – Resources for Families

http://www.aacap.org/cs/adhd_a_guide_for_families/resources_for_families_adhd_a_guide_for_families.

Attention Deficit Disorder Association - Provides information, resources and networking opportunities to help adults with Attention Deficit Hyperactivity Disorder lead better lives.
www.add.org

Children and Adults with ADHD – A national nonprofit organization providing education, advocacy and support for those with ADHD <http://www.chadd.org/>

American Psychological Association – Separate Section on ADHD

<http://www.apa.org/topics/adhd/index.aspx>

Centers for Disease Control – Data, Statistics, Research, Articles, Recommendations

<http://www.cdc.gov/ncbddd/adhd/>

Edge Foundation – A Site For and About ADHD Coaches, <https://edgefoundation.org>

Focus On The Family – Helping Families Thrive

http://www.focusonthefamily.com/parenting/parenting_challenges/adhd.aspx

Goalforit: Success Made Simple – Free Behavior Charts for Teens and Tweens

<http://www.goalforit.com/>

HealthyChildren.org – Site of the American Academy Of Pediatrics

<http://www.healthychildren.org>

Kidpointz: Online Reward System for Kids and Parents – Free Online Rewards Charts, Tracking

<http://www.kidpointz.com/>

MyADHD.com: Connecting Doctors, Parents & Teachers – Assessment, Tracking & Treatment Tools

<http://www.myadhd.com>

National Alliance on Mental Illness – Nation’s Largest Grassroots Mental Health Organization

<http://www.nami.org/Template.cfm?Section=adhd>

National Center for Biotechnology Information – U.S. Government Information on Biotechnology

<http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0002518/>

National Institute of Mental Health – U.S. Government Research & Publications

<http://www.nimh.nih.gov/health/publications/attention-deficit-hyperactivity-disorder/complete-index.shtml>

National Resource Center on ADHD – ADHD Science, Information, Resources, Support
<http://www.help4adhd.org/>

Psych Central – Learning Resources for ADHD
<http://psychcentral.com/lib/2012/treatment-of-adhd-in-children/>

Public Broadcasting System
<http://www.pbs.org/wgbh/pages/frontline/shows/medicating/experts/exist.html>

Rodale: Defeat ADHD Without Pills – Information on Healthy Living
<http://www.rodale.com/treating-adhd-without-medicine>

The Center – A Resource for Women and Girls with ADHD
<http://www.ncgiadd.org/>

WebMD: ADD and ADHD Health Center – Medical Data
<http://www.webmd.com/add-adhd/default.htm>