



ADHD RESOURCES

If your child has been diagnosed with ADHD, it is very important to learn about this disorder to better understand your child. Learning about management strategies will help you ensure you are doing everything you can to help your child maximize their potential!

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The internet can be overwhelming with its vast amount of information, not all of which is accurate. Here are some resources that have more detailed information on ADHD, potential causes, and various management strategies.

Online Resources

Children and Adults with ADHD (CHADD)
www.chadd.org

The Canadian ADHD Resource Alliance (CADDRA)
www.caddra.ca

ADHD and You
www.adhdandyou.com

Totally ADD
www.totallyadd.com

Centre for ADHD Awareness, Canada
www.caddac.ca

Russell Barkley's Website
<http://www.russellbarkley.org/>

Books

"Taking Charge of ADHD: the Complete Authoritative Guide for Parents"
By Russell Barkley

"Attention Deficit Disorder: The Unfocused Mind in Children and Adults"
By Thomas E. Brown

"The Survival Guide for Kids with ADD or ADHD"
By John F. Taylor

"100 Questions & Answers about Your Child's Attention Deficit Hyperactivity Disorder"
By Ruth Nass and Fern Leventhal