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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!

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/>

Rolling With ADHD
<https://healthymindslearning.ca/rollingwith-adhd/>

Books

"Taking Charge of ADHD: The Complete, Authoritative Guide for Parents" by Russell Barkley

"12 Principles for Raising a Child with ADHD" by Russell Barkley

"The Explosive Child" by Ross Greene

"My Brain Needs Glasses" by Annick Vincent *great to read with kids

"The Survival Guide for Kids with ADHD" by John F. Taylor

"Smart but Scattered" by Peg Dawson and Richard Guare