

ADHD Websites, Videos and Books for Parents, Children and Teens

Websites

<http://www.offordcentre.com> – Offord Centre for Child Studies: This web site is dedicated to providing the most current and best information on child mental health problems.

<http://www.aacap.org> - American Academy of Child & Adolescent Psychiatry: Various topics on ADHD, ODD (oppositional defiant disorder), conduct disorder, etc. Video available at: http://www.aacap.org/cs/adhd_a_guide_for_families/adhd_a_guide_for_families_video

<http://www.help4adhd.org>: Comprehensive site to inform parents, children, youth and professionals about ADHD and related topics.

<http://www.chaddcanada.org> - CHADD (Children and Adults with Attention-Deficit/Hyperactivity Disorder): The nation's leading non-profit organization for individuals with AD/HD and their families.

<http://www.nimh.nih.gov> – National Institute of Mental Health: An overview of various child & youth mental health issues and effective treatment approaches.

<http://www.caddra.ca>: Canadian ADHD guidelines and rating scale

<http://www.ldac-acta.ca/>: Learning Disabilities Association of Canada

Videos:

http://kidshealth.org/teen/diseases_conditions/learning/adhd.html - Teens' understanding of ADHD

<http://totallyadd.com/tour/> - a video by a Canadian comedian explaining ADHD

Books for Parents:

- "Taking Charge of ADHD: The Complete, Authoritative Guide for Parents" by Russell A. Barkley
- "Making the System Work for Your Child with ADHD" by Peter S. Jensen
- "Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood Through Adulthood" by Edward Hallowell and John Ratey
- "My Brain Needs Glasses: Living with Hyperactivity" by Annick Vincent
- "Attention Deficit Disorder: The Unfocused Mind in Children and Adults" by Thomas Brown
- "The Explosive Child: a New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children" by Ross Greene
- Parentbooks ADHD Booklist - http://www.parentbooks.ca/ADD_ADHD.html

Books for Children and Teens:

- "Eukee the Jumpy Jumpy Elephant" by Clifford Corman and Esther Trevino. *An upbeat positive message of success for young children with ADD (ages 3-8)*
- "Otto Learns About His Medicine: A Story About Medication for Children with ADHD" by Matthew Galvin. *A children's story about a fidgety car who needs medication to control his hyperactivity (ages 3-8)*
- "The Don't-give-up Kid and Learning Differences" by Jeanne Gehret. *A positive, uplifting story about learning difference (ages 5 to 10)*
- "A Bird's-Eye View of Life with ADD and ADHD: Advice from Young Survivors" by Chris Zeigler Dendy and Alex Zeigler. *A book for teens, written by teens living with the challenges of ADHD that offers advice and strategies.*