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.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.