

ADHD Resources

Provided by *Roots To Learning*

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There are so many resources on the market, it can be a bit overwhelming. However, it is vital that parents, caregivers, and teachers educate themselves about ADHD, EFD, and any diagnosed LD when living with, caring for, and/or teaching a diagnosed child.

In an attempt to make the learning journey more helpful and targeted, I have compiled an up-to-date list of some highly recommended books and electronic resources. Online resources listed here include a plethora of additional reading recommendations, including articles. In addition to this handout, check my website www.roots2learning.com for an ever-evolving list of resources, as well as featured resources with reviews.

Those marked with an asterisk are personal favorites I consult and recommend on a regular basis.

For Parents, Educators, and Adults with ADHD/EFD

*Hallowell, E. and J. Ratey. (1994). *Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood through Adulthood.*

→ *A classic, comprehensive text dealing with the etiology of ADHD and strategies for managing various symptoms.*

→ *See also: <http://www.drhallowell.com>*

*Kutscher, Martin L., MD. (2005). *Kids in the Syndrome Mix of ADHD, LD, Asperger's, Tourette's, Bipolar and More!*

→ *A good handbook for understanding complex information regarding a variety of learning and psychological issues in a straightforward, concise, and practical way.*

*Nadeau, K, Ellen B. Littman, and Patricia O. Quinn. (1999). *Understanding Girls with AD/AD.*

→ *A must-have book for anyone who knows a girl, teen, or adult woman diagnosed with or suspected to have ADHD. Kathleen Nadeau and Patricia Quinn are pioneers in research into ADHD in girls and women. They have written helpful books aimed at girls as well.*

→ *Visit their website for tips, articles, FAQ, and a great bookstore with many resources targeting girls and women as well as the overlap between ADHD and other disorders:*

<http://www.advance.com/index.html>

*Honos-Webb, L. (2010) *The Gift of ADHD: How to Transform Your Child's Weaknesses into Strengths, 2nd Ed.*

→ *Written specifically for parents, this author espouses a more alternative way of approaching ADHD, comparatively speaking, framing the diagnosis as a difference rather than a disorder or brain pathology. She emphasizes positive approaches and the potential strengths of individuals diagnosed with ADHD, which can be very empowering. She offers a "new treatment approach" beyond medicating "that builds on the very latest developments in neuropsychology, positive psychology, personality psychology, developmental psychology, and...clinical psychology" as well as developments in the area of neuroplasticity of the brain. She offers cognitive behavioral strategies as well as alternative modalities to address ADHD symptoms. She makes her bias clear from the outset without providing much in the way of other perspectives and findings; and*

while her writing at times is redundant, I found many of her scenarios and parent-child exercises helpful and empowering for both parents themselves and children; however, most are aimed at younger children with ADHD, rather than teens. As someone experienced with ADHD teens, though, I have found it easy to adapt many of the exercises to meet the needs of older students. This is one book that provides an alternative to many of the others on the market and might be an important practical resource for your needs, or if you are looking to understand ADHD from another angle.

Rief, Sandra. (2008). *The AD/HD Checklist*, 2nd. Ed.

- ➔ *I have consulted this resource and own her other book The Dyslexia Checklist (2010), which is an invaluable resource for parents and educators working with and learning alongside youth with a reading disorder. Her writing is organized, informative, practical, and comprehensive.*
- ➔ *Visit her website: <http://www.sandrarium.com/index.html>*

*Cooper-Kahn, J. and Laurie Dietzel. (2008). *Late, Lost, and Unprepared: A Parents' Guide to Helping Children with Executive Functioning*.

- ➔ *A must-have written by clinical psychologists for first understanding executive functions, and then using practical and innovative interventions to help children with EFD and ADHD*

Homayoun, A. (2010). *That Crumpled Paper Was Due Last Week: Helping Disorganized and Distracted Boys Succeed in School and Life*.

- ➔ *A recently published guidebook for parents written by a learning consultant that focuses exclusively on boys with organizational issues. I particularly like Homayoun's section on various types of organizational styles in young men and some of her practical and experientially-based suggestions for helping teen boys, some of which I can attest to as an educator working with young men diagnosed with EFD or ADHD and their families. This book does include some specific information about how boys differ from girls developmentally and how that can manifest in academics; her scenarios are insightful, and parent coaching is sensitive, but direct. However, many of her strategies concerning organization, studying and writing, are pretty general, not necessarily always differentiated for boys, and at times leave out key components of the homework/study process. I have found in my own practice other more targeted and innovative solutions to organizational issues, especially for students with ADHD or EFD. Though not terribly creative, this is a solid book, especially if you have not read much about this topic, with good insight if not comprehensive strategies. I think parents will find her ideas about young men and how adults in their lives can be more helpful both comforting—you are not alone!—and motivating.*

Goldberg, D. (2005). *The Organized Student: Teaching Children the Skills for Success in School and Beyond*.

- ➔ *A comprehensive book written specifically for parents, but useful for anyone working with teens who struggle with organization and time management. Her guiding questions are helpful at framing specific issues and creating dialogue between parent and child. She offers practical advice about how to deal with conflict and how parents can better and more critically assess their own role in parent-child interactions. Her writing is clear, well-organized, offers concrete scenarios, and helpful, if not always innovative tips or alternatives to improving organization, time management and study skills.*

Online Resources

All of these sites include resources covering the latest scientific findings about learning disorders, recommendations and strategies by individuals such as parents, counselors, doctors, coaches and educators with first-hand experience, and links to numerous educational materials.

*ADDitude: Living Well with Attention Deficit

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

- ➔ Sign up for weekly email notifications of new articles, tips, and resources. This will be one email notification you won't want to ignore!

*Children and Adults with ADHD

<http://www.chadd.org/>

- ➔ Look for local chapters of CHADD that host support group meetings in your area.
- ➔ Subscribe to Attention Magazine published by CHADD.

*LDOnline

<http://www.ldonline.org>

- ➔ **LD OnLine** is the leading website on learning disabilities, learning disorders and differences.
- ➔ One of the most comprehensive websites I have found. I refer to it constantly!

For Students with ADHD or Executive Functioning Disorder

Honos-Webb, L. (2011). *The ADHD Workbook for Teens: Activities to Help You Gain Motivation and Confidence (Instant Help Book for Teens)*.

- ➔ This book is brand new, so I have not yet found any reviews, nor had a chance to review it myself. It can be found at Amazon.com.

Dendy Ziegler, C. and Alex Ziegler. (2007). *A Bird's-Eye View of Life with ADD and ADHD: Advice from young survivors*.

Quinn, P. (2009). *Attention, Girls!: A Guide to Learn All About Your AD/HD. (Ages 8-14)*

- ➔ Quinn & Nadeau have many books aimed at younger children as well as older students transitioning to college; check their website and Amazon.

Mooney, J. and David Cole. (2000). *Learning Outside the Lines: Two Ivy League Students with Learning Disabilities and ADHD Give You the Tools for Academic Success and Educational Revolution*.

- ➔ I have yet to personally review this book, but it has received positive reviews from most readers. However, a drawback some have indicated seems to be the language used at times by the authors perhaps in an attempt to be cool or appeal to teens. This text would be most appropriate for older teens and college students.