

Websites

- www.chaddnorcal.org
- www.additudemag.com
- www.parentshelpingparents.org
- <https://www.matrixparents.org/> (see handouts on 504 plans)
- www.KP.org search ADHD (under health topics)
- <https://www.nimh.nih.gov/adhd>
- <https://childmind.org/search/adhd/> (great resources for families on mental health issues)

Books For Parents

- Taking Charge of ADHD, by Russell Barkley
- Driven to Distraction, by E. Hallowell & J. Ratey
- Smart but Scattered Teens: The "Executive Skills" Program for Helping Teens Reach Their Potential by Richard Guare, Peg Dawson, and Colin Guare
- 123 Magic, by Thomas Phelan, PhD (in book & video format):
<https://www.amazon.com/1-2-3-Magic-Effective-Discipline-Children/dp/0963386190> (also a teen version of this)
- The Yes Brain by Dan Siegel MD and Tina Payne Bryson PhD (focus on improving resiliency and flexibility)
- Brainstorm by Dan Siegel, MD (focus on teens) (Dr. Dan Siegel also has great online parenting trainings for additional support:
https://mindsightinstitute.com/shop/?swoof=1&product_cat=parenting)
- What do you say? How to talk with kids to build motivation, stress tolerance, and a happy home by William Stixrud and Ned Johnson
- How to Raise an Adult by Julie Lythcott-Haims (great resource on parenting and generational tendency to "overhelp" our kids)
- Parenting without Power Struggles by Susan Stiffelman, MFT (parenting strategies to promote connection and cooperation)

- Lost at School by Ross Greene, PhD (great resource for navigating school challenges)
- <https://drhallowell.com/read/books-by-ned/> (great books/resources by psychiatrist who specializes in ADHD)

Books for Children and Teens:

- Study Strategies Made Easy, by Leslie Davis, Sandi Sirotowitz
- Learning to Slow Down and Pay Attention, by Kathleen Nadeau and Ellen Dixon
- Focus and Thrive: Executive Functioning Strategies for Teens: Tools to Get Organized, Plan Ahead, and Achieve Your Goals, by Laurie Chaikind McNulty LCSW-C
- Magination Press Children's Books on ADHD (<https://www.apa.org/pubs/magination/browse?query=subject>) - there are many books for children, teens, and parents about ADHD listed

Videos for Parents

1. **ADHD: Parenting Your Child with ADHD:** Signs and symptoms of ADHD, common questions you may have, and tips for maintaining a positive relationship with your child. (6 minutes)...
http://mydoctor.kaiserpermanente.org/ncal/mdo/presentation/common/healthToolPage.jsp?path=healthtool_19189.xml
2. **Understanding ADHD Medications:** Overview of the medicines to manage ADD/ADHD symptoms in children and teens. Covers risks and benefits, questions about safety, effectiveness, and side effects....
http://mydoctor.kaiserpermanente.org/ncal/mdo/presentation/common/healthToolPage.jsp?path=healthtool_719668.xml

Podcasts/Videos for Parents

- Parenting without Power Struggles - Susan Stiffelman (also has great masterclasses on ADHD)
- Tilt Parenting - Debbie Remer (focus on parenting differently wired kids -ADHD, ASD, giftedness, learning differences, anxiety, etc)
- How to Talk to Kids about Anything (Dr. Robyn Silverman)
- Dr. Ross Greene (focus on collaborative problem solving parenting approach)
- Other helpful videos can be found by searching "Jessica McCabe ADHD" as key words. For example, this one: <https://www.youtube.com/watch?v=JIFFypd9PWs>

