

# Resource List for Attention Deficit Hyperactivity Disorder

SSD Family & Community Resource Center

Parent Education & Diversity Awareness

12110 Clayton Road

St. Louis, MO 63131

314-989-8438/989-8108/989-8194

**ADD/ADHD Behavior-Change Resource Kit. Ready-to-Use Strategies & Activities for Helping Children with Attention Deficit Disorder. Grad L. Flik, PhD (1998)**

Comprehensive new resource is filled with up-to-date information and practical strategies to help kids with attention deficits learn to control and change their own behaviors and build the academic, social, and personal skills necessary for success in school and in life.

**The ADD/ADHD Checklist: An Easy Reference for Parents & Teachers. Sandra Rief (1997)**

Resource is packed with up-to-date facts, findings and proven strategies and techniques for understanding and helping children and adolescents with attention deficit problems and hyperactivity.

**The ADDED Touch: Spend the Day with Matthew, A First Grader with ADHD. Robin Watson (1998)**

Grades K-3. Explains ADD to young children. Tells the story of a first grader who is struggling in school. (22 pages)

**AD/HD & Driving: A Guide for Parents of Teens with AD/HD. J. Marlene Snyder (2001)**

Discusses the additional challenges parents encounter when their teen with AD/HD is working towards a drivers license.

**ADHD Explained to Kids. Chris de Feyter (2013)**

Ages 6 and up. Helps your child understand what ADHD is by looking at the symptoms instead of the biology.

**ADHD in HD: Brains Gone Wild. Johnathan Chesner. (2012)**

Teens. Collection of frank personal stories of failure and success, hilarious anecdotes, wild ideas, and point-blank advice that will resonate with teens and young adults.

**ADHD and the Nature of Self-Control. Russell Barkley (1997)**

Argues that ADHD is fundamentally a developmental problem of self-control, and that a deficit in attention is secondary, and not universal, characteristic. Offers a new direction for thinking about and treating ADHD.

**ADHD-Autism Connection. A Step Toward More Accurate Diagnoses and Effective Treatments. Diane Kennedy, Rebecca Banks & Temple Grandin (2002)**

Attention deficit/hyperactive disorder (ADHD) is one of the most rapidly growing diagnoses of our generation. Often the diagnosis fails to provide real help, leaving patients, doctors, and families at a loss to know what to do next. But for the first time ever, new insights into the overwhelming number of similarities between Autism and ADHD are giving those with ADHD genuine hope.

**The AD/HD Book. Beth Ann Hill (2005)**

Designed to give readers key background information about ADHD and an easy to follow questions and answer format.

**The ADHD Book of Lists: A Practical Guide for Helping Children and Teens with Attention Deficit Disorders. Sandra Rief. (2015)**

Comprehensive guide to ADHD/ADD, providing the answers parents, teachers, and other caregivers seek in a convenient list format.

**ADHD Handbook for Families: A Guide to Communicating with Professionals. Paul L. Weingartner (1999)**

Provides real-life strategies and techniques that can be used immediately, including how to develop behavior modification plans, how to decide if and when to use medication and how to work with clinical and educational professionals.

**ADHD in the Young Child: Driven to Redirection. Cathy Reimers (2003)**

Here is a one-stop reference book for parents and teachers of young children with symptoms of Attention Deficit Hyperactivity Disorder (ADHD). The authors discuss what ADHD is, describe the life of a child with ADHD, and offer effective techniques for managing behavior.

**ADHD Secrets of Success: Coaching Yourself to Fulfillment in the Business World. Thom Hartman (2002)**

Helps individuals with ADHD understand and overcome the symptoms of their diagnosis that may hold them back, and take advantage of the traits marking them for success.

**ADHD: A Survival Guide For Parents and Teachers. Richard Lougy et al (2002)**

Addresses issues and concerns confronting parents and teachers with children diagnosed with ADHD. The friendly and supportive style of the book is easy for readers to understand and use.

**ADHD: What Every Parent Wants to Know. David Wodrich (1994)**

Whether your child has ADHD or you are considering having your child evaluated, inside this book you'll find caring, expert answers to your questions. This revised edition updates you on the key issues that concern you most, including ADHD symptoms and diagnosis, medical interventions such as Ritalin, Adderall, and more, instruction strategies, effective communication strategies, antecedent control to help influence behavior, the relationship between ADHD and learning disabilities.

**All About Attention Deficit Disorder: A Comprehensive Guide. Thomas W. Phelan (2000)**

Guide gives parents, teachers, pediatricians and mental health professionals the facts and resources they need to effectively deal with ADD; separates fact from myth and in straightforward language provides the most recent developments in ADD research.

**All Dogs Have ADHD. Kathy Hoopman (2009)**

Ages 4-8. Combines humor with understanding to reflect the difficulties and joys of raising a child with ADHD and celebrates what it means to be considered 'different.' (64 pages)

**Answers to Distraction. Edward M. Hallowell & John J. Ratey (1996)**

Authors of bestselling *Driven to Distraction* respond to the most frequently asked questions about attention deficit disorder. This "user's guide" to ADD is presented in a question-and-answer format ideal for parents of children with ADD, adults with ADD, and teachers who work with students with ADD.

**Attention Girls! A Guide to Learn All About Your AD/HD. Patrica O. Quinn (2009)**

Ages 9-12. Meet girls with ADHD and learn ways to take charge of your life. (119 pages)

**Autism? Aspergers? ADHD? ADD? A Parent's Roadmap to Understanding and Support. Diane Drake Burns (2005)**

Suspect there's something "different" about your child? This book will help you navigate those early stages of your child's life when a diagnosis is nowhere in sight and you're either totally frustrated or frightened into inaction by a vision of what may lie ahead.

**Behavior Solutions for the Inclusive Classroom: A Handy Reference Guide that Explains Behaviors Associated with Autism, Asperger's ADHD, Sensory Processing, and other Special Needs. Beth Aune, Beth Burt & Peter Gennaro Beyond Ritalin: Facts About Medication and Other Strategies for Helping Children, Adolescents and Adults with Attention Deficit Disorder. Stephen Garber et al (1996)**

A complete road map and guide for coping with ADHD that addresses such issues as what medication can and cannot do, the ten most common myths surrounding Ritalin, alternative medications and therapies that can be used before trying medication.

**Brains that Work a Little Bit Differently: Recent Discoveries About Common Brain Diversities. Allen D Bragdon & David Gamon (2000)**

Summarizes the most recent research into the causes and consequences of 10 of these interesting diversities and recommends appropriate interventions to aid the learning process. Covers: ADHD, Dyslexia, Left-Handedness, Seasonal Affective Disorder, Autism, Alcoholism, Photographic Memory, Perfect Pitch, Synesthesia and Deja Vu.

**Bright Not Broken: Gifted Kids, ADHD, and Autism. Diane Kennedy & Rebecca Banks. (2011)**

Shows what we can do to help 2e children, providing a whole child model for parents and educators to strengthen and develop a child's innate gifts while also intervening to support the deficits.

**Can I Tell You About ADHD? A Guide for Friends, Family and Professionals. Susan Yarney. (2013)**

Ages 7 and up. Ben invites readers to learn about ADHD from his perspective.

**College Success for Students with Learning Disabilities. Cynthia G. Simpson & Vicky G. Spencer (2009)**

Covers topics such as understanding the rights and responsibilities of students with special needs, talking to professors and peers, getting involved, asking for and receiving accommodations, and utilizing one's strengths to meet and exceed academic standards.

**Cory Stories: A Kid's Book About Living with ADHD, Jeanne Kraus (2004)**

Grades 3 and up. Cory has lots of stories to tell and lots of ways to get organized, pay attention, calm down, remember things, make friends, and feel good about himself and life with ADHD. (31 pages)

**Delivered From Distraction: Getting the Most Out of Life with Attention Deficit Disorder. Edward M. Hallowell MD & John J. Ratey MD (2005)**

This follow-up to the authors' 1994 manual, *Driven to Distraction*, has the advantage of personal testimony regarding adult Attention Deficit Disorder (ADD)—the authors themselves have ADD—as well a very readable presentation of the latest research in the field.

**Different...Not Less: Inspiring Stories of Achievement and Successful Employment from Adults with Autism, Asperger's, and ADHD. Temple Grandin PhD. (2012)**

This book is a compilation of success stories from adults with autism and Asperger's Syndrome. Each shares what helped them during their childhood and young lives that made them the independent adults they are today

**Dr. Larry Silver's Advice to Parents on ADHD. Larry B. Silver, MD (1999)**

Second edition of this classic guide, Dr. Silver addresses the subjects all parents wonder about when they suspect their child has attention deficit hyperactivity disorder.

**Dreamers, Discoverers & Dynamos: How to Help the Child Who Is Bright, Bored and Having Problems in School. Lucy Palladino (1999).**

Psychologist Lucy Jo Palladino claims that 20 percent of children have what she calls the Edison trait: "dazzling intelligence, an active imagination, a free-spirited approach to life, and the ability to drive everyone around them crazy." She named the trait after Thomas Edison, who flunked out of school despite his obvious brilliance. Palladino says that Edison-trait children think divergently, while the routines and structure of schools are more geared toward convergent thinking, or focusing on one idea at a time. The incompatible school environment, she says, usually leads divergent-thinking children to act out, receive poor grades, and often be labeled as strong-willed and disruptive. These symptoms may sound similar to those of ADD, but Palladino says that's an overused term often mistakenly applied to Edison-trait children.

**Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood through Adulthood. Edward M. Hallowell & John J. Ratey (1994) (available as book or audiobook in 2 CD set)**

Through vivid stories of the experiences of their patients (adults and children) the authors show the varied forms ADD takes, from the hyperactive search for high stimulation to the floating inattention of daydreaming, and the transforming impact of precise diagnosis and treatment. Both authors have ADD themselves and their advice on effective behavior-modification techniques is enriched by their own experiences.

**Eagle Eyes: A Child's Guide to Paying Attention. Jeanne Gehret (2009)**

Ages 6-10. Like a river overflowing its banks, Ben wreaks havoc until he learns to recognize and control his Attention Deficit Disorder. (30 pages)

**Eddie Enough! Debbie Zimmett (2001)**

Grades K-4. Meet Eddie Minetti, human whirlwind and third-grader. He thinks, moves, and speaks quickly and it often gets him into trouble. One day at school, Eddie arrives late on account of forgetting his lunch, misses part of his spelling test, is accused of cheating, knocks over things, and loses the classroom's pet rat...and that's only part of the morning! His exasperated teacher, Mrs. Pinck, says, "I've had enough, Eddie, enough!" That's all it takes, and soon the entire class is taunting Eddie with his new nickname, Eddie Enough. Eddie feels pretty awful, but the day isn't over yet. More out-of-control behavior lands him in the principal's office. Mr. Thomas recognizes Eddie for what he is: a good kid who can't help being "too much." With medication and support from doctors, his parents, and his teacher, Eddie is happier as he begins to slow down and manage his behavior. In fact, he's no longer Eddie Enough, he's Eddie Just Right! (42 pages)

**80HD: A Child's Perspective on ADHD. Dr. Trish Wood (2008)**

Ages 4 and up. Summarizes the thoughts and experiences of a child with ADHD, written from the perspective of a child. (28 pages)

**The Elephant in the ADHD Room: Beating Boredom as the Secret to Managing ADHD. Letitia Sweitzer. (2014)**

Approaches that will help students beat boredom and engage with tasks and goals they want or need to achieve. These are presented with strategies specifically designed for children, age by age, and principles that can be applied to adult life.

**Embracing the Monster: Overcoming the Challenges of Hidden Disabilities. Veronica Crawford (2002)**

Moving account of the author's life experiences with learning disabilities, bipolar disorder, ADHD, dyslexia and sensory integrative disorder.

**Empowering Students with Hidden Disabilities: A Path to Pride and Success. Margo Vreeburg Izzo & LeDerick Horne (2016)**

Told with the authentic voices of adults with hidden disabilities, this encouraging, eye-opening book will help you guide students on the Path to Disability Pride and support their success in the classroom and community

**The Fog Lifted: A Clinician's Victorious Journey with ADHD. Kristin Seymour. (2016)**

This book is a reflection of what it feels like to live with ADHD. It's about overcoming obstacles and accomplishing goals, finding personal and professional success, and ultimately true self-love

**Forms for Helping the ADHD Child. Lawrence E. Shapiro PhD (1995)**

This book has been designed for the professional who works with the parents and teachers of children with ADHD and needs a quick reference book of forms to aid in assessment and evaluation, collecting data, planning treatment strategies and implementing the treatment plan. .

**From Chaos to Calm: Effective Parenting of Challenging Children with ADHD and Behavioral Problems. Janet E. Heinger PhD & Sharon K. Weiss, M.Ed (2001)**

All children are challenging some of the time. But when kids are challenging all of the time – because they suffer from ADHD, OCD, depression or other disorders that affect day-to-day behavior – chaos can rule the roost. This thoroughly practical book offers three important points of view - the parent's, the therapist's and the child's.

**The Gift of ADHD: How to Transform Your Child's Problems into Strengths. Lara Honos-Webb (2005)**

Helps you learn to think differently about your child's behavior. It will show you how to transform your vision of your child and your relationship with your child and his or her symptoms.

**Give Your ADD Teen a Chance: A Guide for Parents of Teenagers with Attention Deficit Disorder. Lynn Weiss PhD (1996)**

Parenting teenagers is never easy-especially if your teen is diagnosed with from Attention Deficit Disorder (ADD). ADD adds complications and challenges to adolescence that parents must understand in order to help their teens succeed in high school and into adulthood. Give Your ADD Teen a Chance provides parents with expert help by showing them how to determine which issues are caused by "normal" teenage development, and which are caused by ADD. It also looks specifically at the academic challenges ADD teens face, offering tips for academic success.

**Help4DD @High School. Kathleen Nadeau PhD (1998)**

Teenagers. Short, easy-to-read information-packed sections. Includes tips on studying, ways the high school can help you succeed, tips on getting along better at home, on dating, exercise and more. (119 pages)

**How Does Your Engine Run? A Leader's Guide to The Alert Program for Self-Regulation. Mary Sue Williams & Sherry Shellenberger (1996)**

Describes an innovative program that supports children, teachers, parents, and therapists to choose appropriate strategies to change or maintain states of alertness. Students learn what they can do before a spelling test or homework time to attain an optimal state of alertness for their tasks.

**How to Be Brainwise: The Proven Method for Making Smart Choices. Patricia Gorman Barry. (2006)**

Taking you behind the scenes of your mind's emotional mechanics, this book gives you the skills to stop, think, and make the right decisions—even in the worst possible situations.

**How to Reach and Teach ADD/ADHD Children: Practical Techniques, Strategies and Interventions for Helping Children with Attention Problems and Hyperactivity: 2<sup>nd</sup> edition. Sandra Rief (2005)**

Focusing on the “whole” child and a team approach that lets you guide children toward academic as well as personal success, this book shows what ADD/ADHD is and how to identify it; successful home-school intervention plans; proven activities for language arts, math and writing instructions; how to get and keep student attention and increase on-task behavior and much more.

**Hunter and His Amazing Remote Control. Lori Ann Copeland. (2015)**

Ages 4-8. In this full-color, illustrated storybook, Hunter teaches students how he learned to use his very special remote control to become more successful.

**I Can't Sit Still: Living with ADHD. Pam Pollack & Meg Belviso (2009)**

Grades Pre K and Up. Story about Lucas, a boy with ADHD, and how life with ADHD can be easier if you take the right approach. (35 pages)

**I Like Me. Nancy Carlson (1990)**

Grades Pre-K-3. By admiring her finer points and showing that she can take care of herself and have fun even when there's no one else around, a charming pig proves the best friend you can have is yourself (32 pages)

**I'm Somebody Too. Jeanne Gehret (1992)**

Ages 9 and up. Full-length novel has its roots in the recovery movement and shows how ADD affects the entire family. Explains ADD in depth and explains methods to handle the feelings that often result from having a family member with ADD. (159 pages)

**It's Hard to Be A Verb! Julia Cook. (2008)**

Ages 9 and up. Louis has a lot of trouble focusing and he is always doing something, but the problem is usually it s the wrong something. Louis mom teaches him how to focus by showing him a few hands on ideas that anyone can try. (32 pages)

**K & W Guide to Colleges for Students with Learning Disabilities or Attention Deficit Disorders —A Resource Book for Students, Parents and Professionals. Marybeth Kravets & Imy F. Wax (2000) and (2005)**

Text is a post high school guide to the academic world in which students with learning disabilities can thrive. Contains more than 150 colleges and covers everything the student needs to know: services, programs, graduation requirements, admissions policies, costs, housing, tutorial help, learning resource centers, athletics and more.

**Kids in the Syndrome Mix of ADHD, LD, Asperger's, Tourette's, Bipolar, And More!: The One Stop Guide for Parents, Teachers, and Other Professionals. Martin Kutscher, M.D. (2005)**

Guide to the whole range of often co-existing neuro-behavioral disorders in children—from attention deficit hyperactivity disorder (ADHD), obsessive-compulsive disorder, and bipolar disorder, to autistic spectrum disorders, nonverbal learning disabilities, sensory integration problems, and executive dysfunction.

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

Strategies for parents to help children get organized.

**The LD Child and the ADHD Child: Ways Parents and Professionals Can Help. Suzanne H. Stevens (1996)**

Invaluable insights are threaded throughout this handbook. Presents a wealth of information about learning disabilities so parents can be well informed and make realistic decisions. Advises parents on what to do when professional help is not available and examines the type of help that can be expected from schools and therapists.

**LD SAT Study Guide: Test Prep and Strategies for Students with Learning Disabilities. Paul Osborne. (2009)**

Prepares students with disabilities in general, and devotes specific attention and instruction to the more common disabilities, including dyslexia, ADD/ADHD, nonverbal learning disabilities, math disabilities, and visual or auditory processing disorders.

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

Jonathan Mooney and David Cole teach you how to take control of your education and find true success -- and they offer all the reasons why you should persevere.

**Learning to Slow Down and Pay Attention. Kathleen g. Nadeau PhD & Ellen B. Dixon PhD (1991)**

Elementary. If your child has been diagnosed with ADHD, this is the book you've been looking for to answer the question "What do I tell my child?" Helps your child to identify problems and explains how parents, doctor and teacher can help. (52 pages)

**Making the System Work for Your Child with ADHD. Peter S. Jensen MD (2004)**

There's lots of help out there for kids with ADHD, but getting it isn't always easy. Where can you turn when you've mastered the basics and "doing everything right" isn't enough -- the insurer denies your claims, parent-teacher meetings get tense, or those motivating star charts no longer encourage good behavior

**Maybe You Know My Teen A Parents' Guide to Helping Your Adolescent with ADHD. Mary Fowler (2002)**

The first comprehensive guide for dealing with the unique challenges of raising an adolescent with ADHD.

**Meeting the Challenge: Using Love and Logic to Help Children Develop Attention and Behavior Skills. Jim Fay, et al (2000)**

Some kids can challenge even the most patient parent or teacher. This book will help you: Develop attention skills in children, Learn to gain teaching time by delaying the consequence and discover how empathy leads to stress-free evenings.

**More 1-2-3 Magic: Encouraging Good Behavior, Independence and Self-Esteem. (video) (2000) (120 minutes)**

In the More 1-2-3 Magic video you will learn how to encourage positive behavior, responsible independence and a healthy self-concept. (DVD)

**My Brother's a World Class Pain: A Siblings Guide to ADHD. Michael Gordon (1992)**

Ages 9-12. While they frequently bear the brunt of their sibling with ADHD's impulsiveness and distractibility, siblings usually are not afforded opportunities to understand the nature of the problem and to have their own feelings and thoughts addressed. This story shows brothers and sisters how they can play an important role in the family's quest for change. (34 pages)

**A New Understanding of ADHD in Children and Adults: Executive Function Impairments. Thomas E Brown (2013)**

Recent scientific research has developed a new paradigm which recognizes ADHD as a developmental disorder of the cognitive management system of the brain, its executive functions. This pulls together key ideas of this new understanding of ADHD, explaining them and describing in understandable language scientific research that supports this new model.

**Nowhere to Hide: Why Kids with ADHD & LD Hate School and What We Can Do About It. Jerome J Schultz, PhD.**

Addresses the consequences of the unabated stress associated with Learning disabilities and ADHD and the toxic, deleterious impact of this stress on kids' academic learning, social skills, behavior, and efficient brain functioning.

**On Your Own: A College Readiness Guide for Teens with ADHD/LD. Patrica O Quinn & Theresa E Laurie Maitland (2011)**

Teens. Strategies that will allow you to map out a plan and cultivate the skills (self-determination, daily living, academic) needed to succeed in college. (128 pages)

**One Small Star Fish. Anne Addison (2002)**

A mother of a boy with ADHD, Asperger's Syndrome and developmental delays, who shares her techniques and strategies for overcoming the little and large challenges.

**1-2-3 Magic: Managing Difficult Behavior in Children 2-12. Thomas W. Phelan (DVD) (2004) (120 minutes)**

Details the tried and true method that provides parents with the tools to discipline children ages 2 to 12 without arguing, spanking or yelling.

**100 Questions & Answers About Your Child's Attention Deficit Hyperactivity Disorder. Ruth D. Naas & Fern Leventhal (2005)**

Describes both medical and psycho-social aspects of ADHD. Provides explanation of the ins and outs of treating this condition and teaching your child strategies for living and learning with ADHD.

**101 School Success Tools for Students with ADHD. Jacqueline S Iseman, Stephan M Silverman & Sue Jeweler.**

Provides materials and the guidance necessary to assist teachers and parents as they empower students with ADHD to become successful learners.

**The Organized Child: An Effective Program to Maximize Your Kid's Potential - in School and in Life. Richard Gallagher, Elana Spira and Jennifer Rosenblatt (2018)**

Learn how you can teach your 7- to 13-year-old specific skills to: Organize school materials and toys; Track assignments; Improve time management and planning; Overcome brain "Glitches"--mischievous creatures that trip kids up; Create and follow effective routines.

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

Contains hands-on strategies for teaching your disorganized child how to organize for success in middle school and high school, with special tips for kids with ADD/ADHD and learning disorders.

**Parenting Anxious Kids: Best Tips To Managing Attention Deficit Disorder In Children Including The 21st Century ADD Strategies For School Age Children. Monica Davis (2016)**

This book seeks to introduce you to valuable information about ADD like the signs and symptoms of this brain disorder, the method of diagnosis and various means of treating this condition, including helping you to understand the disposition of people, particularly children, affected by ADD.

**Put Yourself in Their Shoes: Understanding Teenagers with ADHD. Harvey C. Parker (1998)**

Gives the reader a sense of what it is like to be an adolescent with ADHD. Contains up-to-date information on how ADHD affects the lives of adolescents at home, in school, in the workplace, and in social relationships.

**Putting on the Brakes: Young People's Guide to Understanding Attention Deficit Hyperactivity Disorder. Patricia O. Quinn, M.D. & Judith M. Stern (2001)**

Ages 8-13. All you need to know about attention deficit disorder, with or without hyperactivity: what is it and what to do about it. This resource for young people, their parents and professional's covers "What's going on in the brain?" "What are you feeling?" "Getting Support" "Getting Organized" "Making Friends" and "Understanding Medication". (80 pages)

**The Science of Making Friends: Helping Socially Challenged Teens and Young Adults. Elizabeth Laugeson. (2013)**

This book offers parents a step-by-step guide to making and keeping friends for teens and young adults with social challenges such as those diagnosed with autism spectrum disorder, ADHD, bipolar, or other conditions.

**Section 504 in the Classroom: How to Design and Implement Accommodations Plans. Lynda Miller & Chris Newbill (1998)**

This book is a guide to provisions of Section 504 of the Rehabilitation Act of 1973 relevant to educational settings. Emphasis is on using Section 504 plans to design accommodations and modifications for students with disabilities that address individual strengths and needs.

**Sensory Smarts: A Book for Kids with ADHD or Autism Spectrum Disorders Struggling with Sensory Integration Problems. Kathleen A. Chara, Paul J Chara & Christian P. Chara (2004)**

Ages 8 and up. We wrote "Sensory Smarts" to help people dealing with a broad range of Sensory Integration Problems. (80 pages)

**Shelley, The Hyperactive Turtle. Deborah M. Moss (1989)**

Ages 3-8. Story of a bright young turtle who is not like all other turtles — he moves like a rocket and is unable to sit still even for the shortest periods of time. Because he and other turtles are unable to understand why he is so wiggly, he begins to feel naughty and out of place. After a visit to a doctor, he learns what “hyperactive” means and with love, support and understanding, he fits right in. (19 pages)

**Sitting Still Like a Frog: Mindfulness Exercises for Kids. Eline Snel. (2013)**

Simple mindfulness practices to help your child (ages 5-12) deal with anxiety, improve concentration, and handle difficult emotions. Includes a 60 minute audio CD of guided exercises ready by Myla Kabat-Zinn.

**Smart but Scattered: The Revolutionary "Executive Skills" Approach to Helping Kids Reach Their Potential. Peg Dawson, EdD & Richard Guare, PhD. (2009)**

Boost any child's ability to get organized, resist impulses, stay focused, use time wisely, plan ahead, follow through on tasks, learn from mistakes, stay in control of emotions, solve problems independently, be resourceful.

**Smart but Scattered Teens: The Executive Skills Program for Helping Teens Reach Their Potential. Richard Guare, Peg Dawson & Colin Guare. (2013)**

Provides a science-based program for promoting teens' independence by building their executive skills--the fundamental brain-based abilities needed to get organized, stay focused, and control impulses and emotions.

**Social Skills Training and Frustration Management. Dr. Jed Baker (DVD) (4.5 hours)**

Dynamic and comprehensive presentation is extremely valuable to all family members and professionals working with individuals with autism spectrum disorders, attention deficit disorders, learning disabilities, mood and anxiety disorders, and other issues that impact social-emotional functioning.

**Socially ADDept: Teaching Social Skills to Children with ADHD, LD, and Asperger's. Janet Z Giler, PhD. (2011)**

Helps educators and parents teach the hidden rules of social behavior to children, ages 8-13, with limited social skills.

**Some Kids Just Can't Sit Still! Sam Goldstein (2009)**

Ages 7-9. Explains why children with attention deficit/hyperactivity disorder (ADHD) react differently to simple situations in their daily lives. (32 pages)

**Study Skills for People Who Hate to Study. Human Relations Media. (18 minutes) (DVD)**

Grades 7-12. Designed to help students get organized, this program helps set goals and priorities, and allows students to stay in charge of their schoolwork.

**The Survival Guide for Kids with ADD or ADHD. John F. Taylor (2006)**

Ages 9-12. In kid-friendly language and a format that welcomes reluctant and easily distracted readers helps kids know they're not alone and offers practical strategies for taking care of oneself, modifying behavior, enjoying school, having fun, and dealing (when needed) with doctors, counselors, and medication. (110 pages)

**Taking A.D.D. to School: A School Story About Attention Deficit Disorder And/or Attention Deficit Hyperactivity Disorder. Ellen Weiner (1999)**

Elementary. Ben is having trouble in school. It's hard to concentrate and his teachers always tell him to pay attention. A trip to the doctor reveals that Ben has Attention Deficit Disorder. Written for children from Ben's perspective, this book is well suited for reading aloud in the classroom. (24 pages)

**Taking Charge of ADHD: The Complete, Authoritative Guide for Parents. Russell A. Barkley (1996)**

A book for parents who are ready to take charge of their child's life. Strong on advocacy and empowerment, the author provides step-by-step methods for managing a child who has ADHD in a variety of everyday situations, gives information on medications, and discusses numerous techniques for enhancing a child's school performance.

**Teaching the Tiger: A Handbook for Individuals Involved In the Education of Students with Attention Deficit Disorder, Tourette Syndrome and Obsessive-Compulsive Disorder. Marilyn Dornbush (1995)**

Designed to help teachers, parents, students and relatives maximize the educational plans necessary to help the children with these disorders.

**Teenagers with ADD, ADHD & Executive Function Deficits: A Guide for Parents and Professionals. Third Edition. Chris Zeigler Dendy. (2017)**

Looks at key areas (academics, dating, driving, socializing, and greater independence) that make adolescence potentially more difficult for kids with ADD, ADHD, or executive function deficits.

**Teenagers with ADD and ADHD: A Guide for Parents and Professionals. Chris A. Ziegler Dendy (2006)**

Revised edition of the 1996 Teenagers with ADD: A Parent's Guide.

**10 Ways to Help Your Hyperactive Child without Drugs: A Guide for Helping Children with ADHD. Laura Stevens**

Latest medical research into biological causes of ADHD including lead toxicity, thyroid abnormalities, nutritional factors, etc. Lists medical references and provides recipes and shopping tips to help cope with diet changes.

**Test Success: Test – Taking and Study Strategies for All Students, Including Those with ADD and LD. Blythe Grossberg (2009)**

Ages 12 and up. Provides multiple strategies for each type of test students must take so that the readers can choose those that they think will be most effective and best suited to their individual learning styles. (125 pages)

**Think Social! A Social Thinking Curriculum for School-Age Students. Michelle Garcia Winner (2008)**

Provides methods for teaching social thinking to students not only with high functioning autism, Asperger's Syndrome and ADHD, but all others, diagnosed and undiagnosed, with social thinking challenges.

**Tic Disorders: A Guide for Parents and Professionals. Uttom Chowdhury & Tara Murphy (2017)**

Written in clear, accessible language and with practical advice on how to support children with tics at home and in school, the book also includes essential information on the common co-occurring conditions and difficulties, such as ADHD, anxiety, OCD, autism, self-esteem issues and behavioural difficulties.

**Tictionary: A Reference Guide to the World of Tourette Syndrome, Asperger Syndrome, Attention Deficit Hyperactivity Disorder and Obsessive Compulsive Disorder for Parents and Professionals. Becky Ottinger (2003)**

A-Z resource guide is for anyone needing information and common-sense strategies as they deal with the neurological disorders of Tourette Syndrome, Asperger Syndrome, attention deficit hyperactivity disorder and obsessive-compulsive disorder.

**Tobin Learns to Make New Friends. Diane Murrell (2001)**

Preschool. A great tool for learning one of the most basic social skills, this colorful picture book is quite effective in teaching social skills to children with autism, Asperger's Syndrome, and other pervasive developmental disorders. Readers follow Tobin, a train, as he learns to make friends and engage in proper social activities Preschool. (31 pages)

**Trout and Me. Susan Shreve (2004)**

Grades 4-7. Story of friends, both with ADHD. (136 pages)

**Understanding Girls with ADHD: How They Feel and Why They Do What They Do, Second Edition. Kathleen Nadeau, Ellen Littman & Patricia Quinn. (2015)**

Illuminates the complexity of ADHD in girls and women, both across the lifespan and across multiple domains of life (e.g., home, school, the workplace, close relationships)

**Understanding Sensory Dysfunction: Learning, Development and Sensory Dysfunction in Autism Spectrum Disorders, ADHD, LD and Bipolar Disorder. Polly Godwin Emmons et al (2005)**

Understanding Sensory Dysfunction is a clear and comprehensive resource to identifying and addressing sensory dysfunction in children, using a range of practical strategies to help them reach their full potential at home, at school and in the community.

**What Do You Mean I Have Attention Deficit Disorder? Kathleen M. Dwyer (1996)**

Grades K-8. Sensitive book successfully shows the scope of ADD and explains many of the behavioral and educational problems and strategies. (40 pages)

**What Does Everybody Else Know That I Don't? Michelle Novotni & Randy Peterson (1999)**

This book offers solutions for tackling behavior that is often inattentive, impulsive, and hyperactive. Advice is given on how to handle common social problems such as manners, etiquette, communication, subtext, listening, and interpersonal relationships

**What Makes Ryan Tick? A Family's Triumph over Tourette Syndrome and Attention Deficiency Hyperactivity Disorder. Susan Hughes (1996)**

Story about Ryan, a young man with Tourette Syndrome and ADHD.

**What's the Fuss About ADHD? Dr. Brendan Belsham. (2012)**

Explores the controversies surrounding ADHD and presents the relevant science in a way that is accessible and readable. It covers various aspects of the disorder, including its history, diagnosis, causes and treatment.

**Who Cares About Kelsey? (DVD) (2012) (76 minutes)**

Documentary about empowering, not overpowering, youth with emotional and behavioral disabilities.

**With Open Arms: Creating School Communities of Support for Kids with Social Challenges Using Circle of Friends, Extracurricular Activities and Learning Teams. Mary Schlieder (2007)**

Kids with Asperger Syndrome, attention deficit disorder, learning disabilities, and behavior disorders, as well as English language learners, often face even greater social challenges, resulting in feelings of isolation. Book provides practical, easy-to-use techniques for even the busiest school personnel

**You Mean I'm Not Lazy, Stupid or Crazy? A Self-help Book for Adults with Attention Deficit Disorder. Kate Kelly & Peggy Ramundo (1993)**

Written by adults who have ADD for other adults who have the disorder. Comprehensive guide provides accurate information, practical how-to and moral support.