ADHD Resources for Parents

Check out the following resources on the Essex Pediatrics Website:

- What is ADHD?
- Treatments for ADHD
  - Medication
  - Behavior Modification
- Effective Parenting Strategies
- School Supports
  - Classroom Accommodations
  - IEPs and 504 Plans
  - A School-Home Note System
- ADHD and Co-occurring Conditions
- Preschoolers and ADHD
- Teenagers and ADHD

Website Information: http://www.essexpediatrics.com/adhd-resources/

**Recommended Websites for Additional Information**

**Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD):** [https://chadd.org/](https://chadd.org/)

- Highly recommended website! Includes so much information, resources, and community connections.

**The National Resource Center (a branch of CHADD):** [https://chadd.org/about/about-nrc/](https://chadd.org/about/about-nrc/)

- Includes links to a weekly newsletter, ADHD hotline, info sheets, digital media, connections to community, and ADHD research

**Kids Health from Nemours:** [https://kidshealth.org/](https://kidshealth.org/)

**Child Mind Institute:** [https://childmind.org/guide/what-parents-should-know-about-adhd/](https://childmind.org/guide/what-parents-should-know-about-adhd/)

- Kids Health and Child Mind Institute Include information on ADHD as well as many other behavioral health topics
Recommended Books & Podcasts

Books:

- Taking Charge of ADHD: The Complete, Authoritative Guide for Parents By Russell A. Barkley
- The Heart of Parenting: How to Raise an Emotionally Intelligent Child By John M. Gottman and Joan DeClaire
- How to Talk so Kids Will Listen and Listen so Kids Will Talk By Adele Faber, Elaine Mazlich and Kimberly Ann Coe
- ADHD: A Complete and Authoritative Guide By the American Academy of Pediatrics
- Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood Through Adulthood By Edward M. Hallowell, M.D. and John J. Ratey, M.D.
- The NEW CHADD Information and Resource Guide to AD/HD By CHADD (Children and Adults with Attention-Deficit/Hyperactivity Disorder) chadd.org
- Daredevils and Daydreamers: New Perspectives on Attention-Deficit/Hyperactivity Disorder By Barbara D. Ingersoll, Ph.D.
- How to Talk so Kids Can Learn: At Home and in School By Adele Faber, Elaine Mazlich, Lisa Nyberg and Rosalyn Templeton
- The Difficult Child By Stanley Turecki and Leslie Tonner

Podcasts:

- All Things ADHD: https://chadd.org/about-adhd/podcasts/
- ADDitude Podcast: https://www.additudemag.com/category/adhd-podcast/
- Tilt Parenting Podcast: http://www.tiltparenting.com/podcast/

FREE Online Parenting Program

“Everyday Parenting: The ABCs of Child Rearing”