

ADHD RESOURCE GUIDE

ADHD is a neurodevelopmental disorder that primarily affects an individual's ability to regulate executive functioning. Executive functions are the brain processes that guide goal-directed behavior such as attention/focus, organization and planning, self-monitoring, and even emotion regulation. To support the strengths inherent in ADHD, and understand difficulties, families find the following resources helpful.



Websites

- www.chadd.org
 - Children and Adults with ADHD support group
- www.parentsmedguide.org
 - Discussion of ADHD to include medications
- www.myadhd.com
- www.addwarehouse.com
 - Online resource for literature on ADHD
- <https://publications.aap.org/aapnews/news/14578/Updated-ADHD-guideline-addresses-evaluation>

Books

- **Taking Charge of ADHD: A Complete Authoritative Guide for Parents**, by Russell Barkley, Ph.D.
- **How to Reach and Teach AD/HD Children**, by Sandra Rief.
- **A Bird's Eye View of Life with ADD and ADHD: Advice from Young Survivors**, by Chris A. Zeigler Dendy and Alex Zeigler
- **ADHD in Adolescents**, by Arthur Robin, Ph.D.

Podcasts

- **Taking Control: The ADHD Podcast** by Nikki Kinzer
- **Parenting ADHD** by Penny Williams
- **ADHD Support Talk Radio** by Tara McGillicuddy
- **Practical ADHD Strategies** by Laura Rolands

The Chadd Information And Resource Guide To Adhd

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