# **ADHD** Resources for Parents

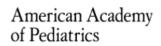
Check out the following resources on the Essex Pediatrics Website:

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











## Recommended Websites for Additional Information

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

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

The National Resource Center (a branch of CHADD): <a href="https://chadd.org/about/about-nrc/">https://chadd.org/about/about-nrc/</a>

 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/

Child Mind Institute: 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
- 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
- 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: <a href="http://www.tiltparenting.com/podcast/">http://www.tiltparenting.com/podcast/</a>

## **FREE Online Parenting Program**

"Everyday Parenting: The ABCs of Child Rearing"

https://alankazdin.com/everydayparenting-the-abcs-of-child-rearing/

