

Resource List for Attention Deficit Hyperactivity Disorder

SSD Family & Community Resource Center

Parent Education & Diversity Awareness

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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.

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: 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)

Attention Deficit Hyperactivity Disorder: A Handbook for Diagnosis & Treatment. Russell Barkley. (2018)

Explores the impact of the disorder across a wide range of functional domains--behavior, learning, psychological adjustment, school and vocational outcomes, and health.

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.

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)

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 independant adults they are today

Differently Wired: Raising an Exceptional Child in a Conventional World. Deborah Reber. (2018)

This book is a how-to, a manifesto, a book of wise advice, and the best kind of been-there, done-that companion.

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

Falling Through the Ceiling: Our ADHD Family Memoir. Audrey Jones & Larry Jones. (2018)

Sharing their personal life challenges with the effects of ADHD, this is a real, sometimes painful, story written to help families recognize and navigate to controlling chaos and unlocking the gifts of ADHD in their children and themselves.

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

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.

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 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.

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)

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)

The K&W Guide to Colleges for Students with Learning Differences. (2019)

This comprehensive guide makes it easy for those students and their families and guidance counselors to tackle the daunting process of finding the school that fits their needs best.

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.

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)

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)

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.

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.

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.

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 and Stalled: 10 Steps to Help Young Adults Use Their Executive Functioning Skills to Set Goals, Make a Plan, and Successfully Leave the Nest. Richard Guare, Colin Guare & Peg Dawson. (2019)

Includes downloadable practical tools for figuring out what areas to target, building skills, identifying a desired career path, and making a customized action plan.

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.

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 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.

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.

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.

To Be Gifted & Learning Disabled: Strength-Based Strategies for Helping Twice-Exceptional Students with LD, ADHD, ASD and More. Susan Baum, Robin Schader & Steven Owen (2017)

Provides a comprehensive look at the complex world of students with remarkable gifts, talents, and interests, who simultaneously face learning, attention, or social challenges from LD, ADHD, and other disorders.

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)

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'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.

Young Adult Road Map: A Step-by-Step Guide to Navigating Wellness, Independent Living, and Transition Services for People in Their Teens and Twenties. Wendy Lowe Besmann & Kimberly Douglass. (2018)

Practical, step-by-step guide to navigating the details of everyday life for young adults facing challenges (such as autism spectrum, ADD/ADHD, you behavioral, developmental or special health needs).