

Attention Deficit Hyperactivity Disorder (ADHD) Booklist

This list includes some of the many books for parents on this topic. Visit a local library or bookstore to choose those that best fit your needs and style of child rearing. You can also check out many of these books at the Family Resource Center at Children's located in the Train zone on the 5th floor.



Books for Adults

ADHD: How to Deal With Very Difficult Children
Train, Alan, 1997

Defines ADHD, how it is diagnosed and what can be done to help the child in a positive, lasting way.

Attention Deficit Disorder and Learning Disabilities
Ingersoll, Barbara; and Goldstein, Sam, 1993
Discusses realities, myths and controversial treatments.

Attention Deficit Hyperactivity and Learning Disorders: Questions and Answers
Millchap, Gordon, 1998
Facts backed by scientific studies on causes, early signs, diagnosis, treatment, medications, diet and alternative therapies.

Beyond Ritalin
Garber, Stephan; Garber, Marianne; and Spizman, Robyn, 1996
Facts about medications and other strategies for helping children, teens and adults with attention deficit disorders.

Daredevils and Daydreamers: New Perspectives on Attention Deficit/Hyperactivity Disorder
Ingersoll, Barbara, 1997

Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood through Adulthood
Hallowell, E.; and Ratey, J., 1993

Answers to Distraction
Hallowell, E.; and Ratey, J., 1996
A classic and its sequel in an easy-to-read question and answer format.

Fathering the ADHD Child: A Book for Fathers, Mothers, and Professionals
Jacobs, E. H., 1998
Explores how fathers and mothers can use parenting differences creatively to parent their child with ADHD more effectively.

Helping Your Hyperactive Child
Taylor, John, 1997
Describes effective treatments and covers developing discipline, self-esteem and helping your family adjust.

Maybe You Know My Kid: A Parent's Guide to Identifying and Helping Your Child with ADHD
Fowler, Mary, 1999
Describes treatments, developing discipline, self-esteem and helping your family adjust.

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Parenting a Child with Attention Deficit Hyperactivity Disorder

Boyles, Nancy, 1999

How to recognize symptoms, get proper diagnosis, and guide your child past obstacles of this learning disorder.

Survival Strategies for Parenting Your ADD Child

George, Lynn, 1996

Describes strategies for parents to deal with their own distress as a result of their child's behavior.

Taking Charge of ADHD: The Complete Authoritative Guide for Parents

Barkley, R.A., 1995

Comprehensive guide by a leading expert; becoming a classic.

Teenagers with ADD: A Parent's Guide

Dendy, Chris, 1997

The definitive resource for parents with a teen with ADD.

The ADD Book

Sears, William; and Thompson, Lynda, 1998

Explains what ADD is, how to tell whether your child has it and how to increase your child's learning ability at home and school.

The Attention Zone: A Parent's Guide to Attention Deficit/Hyperactivity Disorder

Cohen, Michael, 1998

Covers diagnosis, causes, education, medication and home management.

Books for Children

Distant Drums, Different Drummers: A Guide for Young People with ADHD

Ingersoll, Barbara, 1995

Provides support and encouragement.

Eagle Eyes: A Child's View of Attention Deficit Disorder

Gehret, Jeanne, 1996

Helps readers of all ages.

Eukee the Jumpy, Jumpy Elephant

Corman, Cliff; and Trevino, Esther, 1995

A bright, young elephant feels different from his friends, but gets help for his ADHD.

Otto Learns About His Medicine

Galvin, Matthew, 1988

Otto, a fidgety young car, visits a special mechanic who prescribes a medicine to control his hyperactive behavior.

Putting on the Brakes

Quinn, Patricia; Stern, Judith; and Chesworth, Michael, 1991

A guide for young people about understanding and gaining control over ADHD.

Shelley the Hyperactive Turtle

Moss, Deborah M., 1989

For children and parents, this book will increase everyone's understanding of hyperactivity, and encourage hyperactive children to pursue their dreams.

For More Information

- Your health care provider
- Children's Resource Line:
(206) 987-2500 or 1-866-987-2500
toll-free Washington, Alaska, Montana, Idaho
- www.seattlechildrens.org
- www.addvisor.com. For individuals with ADHD and their families.

Information in these books may not reflect the philosophy or practice of Children's Hospital and Regional Medical Center.

Children's

Hospital & Regional Medical Center

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Seattle, Washington 98105-0371

206-987-2000 (Voice)

206-987-2280 (TTY)

866-987-2000 (Toll-free/Voice)

www.seattlechildrens.org