

# ADHD Resources

## Information for Families

### Books families may find helpful:

Taking Charge of ADHD: The Complete Authoritative Guide for Parents (Revised Edition, 2000),  
by Russell A. Barkley, PhD

Raising Resilient Children: Fostering Strength, Hope and Optimism in Your Child (2002),  
by Robert Brooks, PhD and Sam Goldstein, PhD

Attention Deficit Disorder: The Unfocused Mind in Children and Adults (2006), by Tom Brown, PhD

Teenagers with ADD and ADHD: A Guide for Parents and Professionals (2006), by Chris Dendy

### Books children may find helpful:

Learning to Slow Down & Pay Attention: A Book for Kids about ADHD (2004),  
by Kathleen Nadeau, PhD, Ellen Dixon, PhD, and Charles Beyl

Jumpin' Johnny Get Back to Work! A Child's Guide to ADHD/Hyperactivity (1981), by Michael Gordon, PhD

### Websites families may find helpful:

Parents Med Guide

[www.parentsmedguide.org](http://www.parentsmedguide.org) (quality information about medications for ADHD)

Children and Adults with ADHD

[www.chadd.org](http://www.chadd.org) (support groups, information resource)

Teach ADHD

<http://teachadhd.com/> (teaching advice for ADHD kids)

### “Behavior Management Training” and “Behavior Therapy”:

Manual and research based therapies for ADHD related problems lasting 10-20 sessions that can be performed by a qualified therapist. These treatments, though helpful with ADHD, are usually less effective than medications. But when combined with medications, these therapies may improve some difficulties (such as oppositional or aggressive behavior in ADHD) more than treating with medications alone.

The principle elements of these treatments are:

- reviewing information about the nature of ADHD
- learning to attend carefully to both misbehavior and when child complies
- establishing a “token economy,” like sticker chart rewards
- using time out effectively
- managing non-compliant behavior in public settings
- using a daily school report card
- anticipating future misconduct



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now available in Spanish at  
[www.seattlechildrens.org/pal](http://www.seattlechildrens.org/pal)