ADHD Resources

Information for Families

Books families may find helpful:
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

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

Websites families may find helpful:
Parents Med Guide
www.parentsmedguide.org (quality information about medications for ADHD)
Children and Adults with ADHD
www.chadd.org (support groups, information resource)
Teach ADHD
http://www.additudemag.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

This resource page is now available in Spanish at
www.seattlechildrens.org/pal