

## Good Books about ADHD

[Taking Charge of ADHD](#) by Russell Barkley This is a parent resource that gives you the science-based information you need about attention-deficit/hyperactivity disorder (ADHD) and its treatment. It also presents a proven eight-step behavior management plan specifically designed for 6- to 18-year-olds with ADHD. Offering encouragement, guidance, and loads of practical tips for parents.

[Learning to Slow Down and Pay Attention: A Book for Kids about ADHD](#) by Kathleen Nadeau and Ellen Dixon. This short paperback book was created to be read by parents to children ages 6 through 11 who have AD/HD, need to understand it better, and need age-appropriate tips for remembering stuff, getting ready in the morning, staying focused, and asking for help.

This newly revised third edition also has practical tips for parents with a list of excellent resources. The authors also have a website at [www.ADDvance.com](http://www.ADDvance.com). You can read part of the book online by going to [www.apa.org/pubs/magination/441A149.aspx](http://www.apa.org/pubs/magination/441A149.aspx).

[ADD: A Different Perception \(revised\) by Thom Hartmann](#) gives examples of successful, creative, and dynamic individuals throughout history who were undoubtedly affected by ADD.

[Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood Through Adulthood](#) by Ned Hallowell and John Ratey. (Bantam Books, 1996)

Describes the types of ADD/ADHD, from hyperactive to floating daydreamer; describes how ADD/ADHD is different from "unacceptable behavior" and medication and treatment techniques that work best. Also available in audio tape format. [Driven to Distraction \(2 audio tapes\)](#)

[How to Reach and Teach ADD/ADHD Children: Practical Techniques, Strategies, & Interventions for Helping Children With Attention Problems and Hyperactivity](#) by Sandra F. Rief.

Includes management techniques that promote on-task behavior and language arts, & multi- sensory instruction strategies to maintain attention and keep students involved.

[Learning Outside the Lines: Two Ivy League Students with LD & ADHD Give You to Tools for Academic Success](#) by Jonathon Mooney and David Cole.

This inspiring, practical book was written by 2 college students: Jonathon has dyslexia, David has ADHD. Gives hope to parents and adolescents who are demoralized by school experiences. Includes practical strategies for kids to use: notebook organization, note taking, test taking, cramming, reading, and more. Learn more about [Learning Outside the Lines](#).

[Maybe You Know My Kid : A Parent's Guide to Identifying, Understanding, and Helping Your Child With Attention Deficit Hyperactivity Disorder](#) by Mary Cahill Fowler.

In this guide for parents whose children have Attention Deficit Hyperactivity Disorder, you learn about the latest scientific advances and clinical breakthroughs and the education of children who have ADHD. Examines the school's role in assessing children, practical guidelines and suggestions for improving educational performance.

[Teaching the Tiger : A Handbook for Individuals Involved in the Education of Students With Attention Deficit Disorders, Tourette Syndrome or Obsessive Compulsive Disorder](#) by Marilyn P. Dornbush and Sheryl K. Pruitt

"The best practical reference book for educators who work with students with Tourette Syndrome, Attention Deficit Disorder, and/or Obsessive Compulsive Disorder. It's definitely not just for the special educator - counselors, social workers, school psychologists, classroom teachers, and paraprofessionals will find it a useful resource." Learn more about [Teaching the Tiger](#).

## **Free Publications about ADHD**

Attention Deficit Hyperactivity Disorder. **Is It Really ADHD?** "ADHD is classified as a mental disorder. A person with ADHD often has symptoms similar to those experienced by a person with a learning disability, but ADHD is a disorder distinct from learning disabilities." Report from the [National Institute of Mental Health](#) (2006).

Office of the Surgeon General, [Report on the Surgeon General's Conference on Children's Mental Health - A National Action Agenda](#) (2001).

Report from Surgeon General describes a crisis in mental health for children and adolescents. 1 in 10 children and adolescents suffer from mental illness that is severe enough to cause impairment; fewer than 1 in 5 children receive needed treatment. Report includes goals and objectives, focuses on the need to use science-based prevention and treatment services. [Download](#)

To order bound copies, contact The National Institutes of Mental Health, Office of Communications and Public Liaison, 6001 Executive Blvd., Room 8184, MSC 9663, Bethesda, MD 20892-9663. Phone: 301-443-4513

Office of the Surgeon General, [Children and Mental Health: A Report of the Surgeon General](#) (2000).

According to the landmark "Global Burden of Disease" study, 4 of the 10 leading causes of disability for people 5 years of age and older are mental disorders. [Children and Mental Health](#) describes normal child development; risk factors and prevention; describes mental disorders in children, including ADHD, depression, anxiety

disorders, autism, disruptive disorders, substance abuse, and eating disorders and effective treatments for these disorders. [Download](#) Full text of [Mental Health: A Report of the Surgeon General](#)

## **Organizations, Information & Support**

### **Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)**

800-233-4050 (To request information packet)

Email: [national@chadd.org](mailto:national@chadd.org)

Website: [www.chadd.org](http://www.chadd.org)

### **Federation of Families for Children's Mental Health**

703-684-7710

Publications available in Spanish

Email: [ffcmh@ffcmh.com](mailto:ffcmh@ffcmh.com)

Website: [www.ffcmh.org](http://www.ffcmh.org)

### **Learning Disabilities Association of America (LDA)**

888-300-6710; 412-341-1515; 412-341-8077

Publications available in Spanish

Email: [vldanatl@usaor.ne](mailto:vldanatl@usaor.ne)

Website: [www.ldanatl.org](http://www.ldanatl.org)

### **National Attention Deficit Disorder Association**

Email: [mail@add.org](mailto:mail@add.org)

Website: [www.add.org](http://www.add.org)

### **National Center for Learning Disabilities (NCLD)**

212-545-7510; 888-575-7373

Website: [www.nclld.org](http://www.nclld.org)

### **Parents Helping Parents: Family Resource Center for Children with Special Needs**

408-727-5775

Publications available in Spanish; Spanish speaker on staff

Email: [info@php.com](mailto:info@php.com)

Website: [www.php.com](http://www.php.com)