Parents of children with ADHD need assistance adapting to their child's condition, enhancing his or her achievement and self-esteem, and getting the special help the youngster needs and deserves. These books, videos, and Web sites point the way.

A diagnosis of attention deficit hyperactivity disorder (ADHD) can be very confusing and troubling to parents. Just what is this diagnosis and what does it mean? Many parents find it hard to accept that their child is different from other children and that her condition, be it mild or severe, may last for a lifetime. The goal of most parents is to bring up a self-sufficient child who is able to participate in the community and contribute to it. To accomplish these objectives, parents must help the child learn to organize; simplify his surroundings; be an advocate for the child in the school and in other public arenas; find social skills training, behavior modification, tutoring, and parenting classes specific to ADHD; cultivate a support system; and know what legal rights the child has. Not surprisingly, these tasks seem overwhelming to many parents, and they seek out books, Web sites, and other resources that offer information and support. Here is a sampling of what we recommend at our Center for Attention Deficit Disorders (see "A community program").

Books about managing ADHD

For adults

The ADD Hyperactivity Handbook for Schools: Effective strategies for Identifying and Teaching ADD Students in Elementary and Secondary Schools, by Harvey C. Parker, PhD (Specialty Press)

Beyond Ritalin: Facts About Medication and Other Strategies for Helping Children, Adolescents and Adults with Attention Deficit Disorders, by Stephen W. Garber, PhD, Marianne Daniels Garber, PhD, and Robyn Freedman Spizman (HarperCollins)

Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder from...
Parenting or caring for a child with ADHD can be both challenging and rewarding. In this article, we give tips on how to encourage positive behaviors and development in a child, as well as how to talk to them about their condition. We also look at how a parent or caregiver can ensure their own mental wellbeing. But an important step for parents is to accept that ADHD simply represents a functional difference in the brain. It does not mean that their child cannot learn right from wrong, but that they may need to find other ways to support their child in developing positive behavior. Parents and caregivers will need to adapt their own ways of interacting with the child. This includes speech, gestures, emotional language, and the physical environment. For a child with ADHD, consistency is vital. Parents with ADHD may need the same types of evaluation and treatment that they seek for their children in order to function at their best. ADHD in the parent may make the home more chaotic and affect a parent’s ability to be proactive rather than reactive. Parent training will help you learn to: Provide clear, consistent expectations, directions and limits. Children with ADHD need to know exactly what others expect from them. They do not perform well in ambiguous situations that don’t specify exactly what is expected and that require them to “read between the lines.” Working with a profession ADHD Patient Guide. Attention Deficit Hyperactivity Disorder – A Guide for Parents & Carers. BBC Parental support. Body Relaxation. Breakfast & ADHD. Breathing to Relax. Bridging the Gap: Optimising Transition from Children’s Services to Adult Services. Children’s Commissioner: Children’s Voices Report. Mental Health Foundation Resources. Mindfulness in Integrative Healthcare. National Attention Deficit Disorder Information and Support Service. National Autistic Society & ADHD. Neurodiversity Clinic Brochure. Observation List on ADHD. Parental SEN Advice. Primary Strategies for Schools. Psychoeducation – ADHD. ADHD Parents’ Palooza Brilliant! Exciting! Bursting with energy! LEARN MORE The 3rd annual ADHD Parents’ Palooza brings together 24 of the world's top ADHD and parenting experts for a spectacular week of advice and reassurance for parents and grandparents of ADHD kids of any age. Hosted by ADDiva® & ImpactADHD®. The event is over but you didn’t miss out! It’s almost impossible for parents to watch every single session, so you can catch up via the replays (free until midnight EDT US the day after the initial session launches). Get the Encore Package Now! Click Here.