



ADHD or Attention Deficit Hyperactivity Disorder is a neurological condition which makes it hard for people to think before acting and/or speaking, pay attention, stay focused, and to sit still.

Attention Girls! A Guide to Learn All About Your ADHD

Patricia Quinn

Aimed at tween girls with ADD/ADHD this book offers practical tips and techniques for managing the impact of ADHD in life.

The Survival Guide for Kids with ADHD

John Taylor

Survival strategies for self-care, modifying behavior, school, having fun, and dealing with doctors, counselors, and medication are provided in this book.

Can I Tell You about ADHD? A Guide for Friends, Family, and Professionals

Susan Yarney

Ben, a young boy with ADHD explains how he was diagnosed, coping strategies, and what it feels like to have ADHD.

Take Control of ADHD: The Ultimate Guide for Teens with ADHD

Ruth Spodak and Kenneth Stefano

This book was written to enable teens to take control of their disorder and find success in school and in life.

Help 4ADD@High School

Kathleen G. Nadeau

A guidebook with tips to help teens successfully navigate those years with ADHD.

Cory Stories

Jeanne Kraus

Cory describes what it is like to have ADHD through describing various aspects of his life and his coping mechanisms.

My Brain Needs Glasses: Living with Hyperactivity

Annick Vincent

A funny book to help children understand what living life with ADHD is like.

Learning to Slow Down and Pay Attention: A Book for Kids about ADHD

Kathleen G. Nadeau and Ellen B. Dixon

An illustrated book that provides strategies and tips for kids to cope with ADHD.

A Walk in the Rain with a Brain

Edward Hallowell

A little girl named Lucy learns that "everyone's smart! You just need to find out at what!"

Smart but Scattered Teens: The "Executive Skills" Program for Helping Teens Reach Their Potential

Richard Guare, Peg Dawson, and Colin Guare

This guide promotes teens' independence by building their brain-based abilities needed to get organized, stay focused, and control impulses and emotions.

Putting on the Brakes: Understanding and Taking Control of Your ADD or ADHD

Patricia O. Quinn and Judith M. Stern

A guidebook for kids with ADHD to help them be successful in managing their ADHD symptoms.

This list was created by caring Families & Professionals

These resources are available to borrow from the Family & Community Resource Centre

Alberta Children's Hospital - 2888 Shaganappi Trail NW, Calgary, AB T3B 6A8
Or

CanLearn Society - Suite 100, 1117 Macleod Trail SE, Calgary, AB T2G 2M8
Or check your local library for these resources.

For more information contact the Child Health Information Specialist
at (403) 955-7745 or childhealthinfo@albertahealthservices.ca
Or visit www.adhdfamilies.ca, www.caddac.ca, and www.anxietybc.com

For a list of recommended websites and contributors visit
frc.albertahealthservices.ca/health-information/library/information-prescriptions
and click on ADHD!

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please contact your doctor or appropriate health care professional.



**Alberta Health
Services**

Alberta Children's Hospital

