



Info Rx

ADHD for Parents

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.

Taking Charge of ADHD: The Complete, Authoritative Guide for Parents

Russell A. Barkley

This book provides guidance and tips about ADHD and treatment.

Understanding Girls with Attention Deficit/Hyperactivity Disorder

Kathleen G. Nadeau, Ellen B. Littman and Patricia O. Quinn

The impact of ADHD on girls is explained in this book.

Smart but Scattered: The Revolutionary “Executive Skills” Approach to Helping Kids Reach Their Potential

Peg Dawson and Richard Guare

Easy to use steps help you to identify your child's strengths and weaknesses, use activities and techniques, and problem-solve daily routines.

The Family ADHD Solution: A Scientific Approach to Maximizing your Child's Attention and Minimizing Parental Stress

Mark Bertin

Techniques are taught to both parents and children to manage ADHD's impact.

ADHD: What Every Parent Needs to Know by American Academy of Pediatrics

Michael I. Reiff

A guide to help parents and children alike meet the challenges of ADHD.

Attention Deficit – Hyperactivity Disorder

H. Moghadam

A concise book to address the concerns of parents and teachers of children with ADHD.

The ADHD effect on Marriage: Understand and Rebuild your Relationship in Six Steps

Melissa Orlov

Advice for managing ADHD and maintaining a marriage.

Organizing the Disorganized Child: Simple Strategies to Succeed in School

Martin L. Kutscher and Marcella Moran

A toolkit for parents and educators which offers success strategies.

That Crumpled Paper Was Due Last Week: Helping Disorganized and Distracted Boys Succeed in School and Life

Ana Homayoun

The advice in this book teaches boys how to get organized, study effectively, and meet their goals.

You Mean I'm Not Lazy, Stupid or Crazy?!: The Classic Self-Help Book for Adults with Attention Deficit Disorder

Kate Kelly and Peggy Ramundo

A support book for adults that explains ADHD.

The ADHD Book of Lists: A Practical Guide for Helping Children and Teens with Attention Deficit Disorders

Sandra F. Rief

A comprehensive, reliable source of answers, practical strategies, and tools written in a convenient list format.

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

