



Info Rx

Kids and Teens with ADHD

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.

Borrow these books from the FCRC or check your local library!

My Brain Needs Glasses: ADHD Explained to Kids

Annick Vincent (2017)

Tom, an eight-year-old boy with ADHD shares his day-to-day life in his journal.

Cory Stories

Jeanne Kraus (2004)

In this collection of short stories, Cory describes what it is like to live with ADHD.

Marvin's Monster Diary: ADHD Attacks! (But I Rock It, Big Time)

Raun Melmed (2016)

Marvin's ADHD is interfering with his plans. He feels out of control until he learns a new strategy to manage his symptoms.

Attention, girls!: A guide to learn all about your ADHD

Patricia Quinn (2009)

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

The Survival Guide for Kids with ADHD

John Taylor (2013)

This guidebook offers kids strategies for taking care of oneself, modifying behavior, enjoying school, having fun, and dealing with doctors, counselors, and medication.

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

Ruth Spodak and Kenneth Stefano (2011)

Teens can create an "ADHD Action Plan" to better understand and cope with ADHD with the help of this book.



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

Patricia O. Quinn and Judith M. Stern (2012)

Written for preteens, this self-help guide includes strategies to manage disorder and practical ways to improve organization, focus, studying, and homework skills. It also has tips for making friends, controlling emotions, and being healthy.

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

Kathleen G. Nadeau and Ellen B. Dixon (2005)

Packed with practical tips, this friendly workbook just for kids has ADHD solutions for every situation — at home, at school, and with friends.

Learning to Feel Good and Stay Cool: Emotional Regulation Tools for Kids with ADHD

Kathleen G. Nadeau and Judith Glasser (2013)

Kids can learn how to problem solve and understand their emotions through the advice and activities in this book.

Learning to Plan and Be Organized: Executive Function Skills for Kids with AD/HD Paperback

Kathleen G. Nadeau (2016)

This workbook teaches strategies to kids so that they can develop organizational habits and routines.

The ADHD Workbook for Kids: Helping Children Gain Self-Confidence, Social Skills, and Self-Control

Lawrence E. Shapiro (2010)

The ADHD Workbook for Kids offers a simple way to help children to learn skills to manage ADHD symptoms.

Need more information?

Child Health Information Specialist

 403-955-7745  ChildHealthInfo@ahs.ca

 frcr.ahs.ca/rx/adhd/

Family & Community Resource Centre

2nd Floor, Alberta Children's Hospital
28 Oki Drive NW, Calgary, AB, T3B 6A8

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