

ADD / ADHD

Websites

ADDitude Magazine: Living well with Attention Deficit

www.additudemag.com

Practical information about raising children, including behavior and discipline strategies, help making friends, and organizing.

Canadian ADHD Resource Alliance

www.caddra.ca

Provides information on ADHD including videos, recommended reading and viewing lists, and links.

Centre for ADHD Awareness Canada (CADDAC)

www.caddac.ca

Provides detailed information on a variety of ADHD topics including advocacy, parenting, schooling, and adult ADHD.

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

American Site: www.chadd.org/ Canadian Site: chaddcanada.com/

CHADD provides education, advocacy and support for individuals with ADHD.

Here to Help: Attention-Deficit Hyperactivity Disorder in Kids

www.heretohelp.bc.ca/factsheet/attention-deficit-hyperactivity-disorder-in-children-and-youth

A BC-based website that provides mental health and substance use information, including this fact sheet on ADHD in children.

Books & Videos

ADHD: Attention Deficit Hyperactivity Disorder Information for Families (2014)

keltymentalhealth.ca/sites/default/files/adhd_booklet_p5.pdf

Provides information about ADHD, medications, ADHD & school, and Provincial ADHD Resources for Parents.

For Parents

ADHD Parent Workshop Videos (2013)

keltymentalhealth.ca/r/adhd-parent-workshop-recording-0

Video from this workshop provide information on diagnosis, treatment, behavioural strategies, and family and peer relationships.

The AD/HD Parenting Handbook (2006)

Colleen Alexander-Roberts | FSRC

Contains advice from other parents of children with ADHD. Offers practical suggestions for handling day-to-day activities and proven techniques for raising hyperactive children.

Russell Barkley, PH.D. The Thirty Essential Ideas Every Parent Needs to Know Video

<http://youtu.be/SCAGc-rk1fo>

In this video, Dr. Russell Barkley discusses ideas for parents of children with ADHD.

Taking Charge of ADHD: The Complete, Authoritative Guide for Parents (2013)

Russell A. Barkley | FSRC

Provides parents of children with ADHD with a step-by-step plan for behaviour management, hard data on diagnosis and treatment, strategies for helping children succeed at school and in social situations, and information on the causes of ADHD.

Teenagers with ADD and ADHD: A Guide For Parents & Professionals (2006)

Chris Dendy

This book describes the three main types, the diagnostic process, and treatment strategies.



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Non Compliance

The Explosive Child (2005)

Ross Greene | FSRC

This book describes an approach to understanding and helping inflexible, easily frustrated, explosive children at home and school.

The Incredible Years (2005)

Carolyn Webster-Stratton | FSRC

Practical guide for parents of children aged 3-8 years with behaviour problems.

Executive Functioning Skills

Late, Lost, and Unprepared (2008)

Joyce Cooper-Kahn, Ph.D. and Laurie Dietzel | FSRC

A guide for parents of children and adolescents who have difficulty with executive functioning skills.

Smart but Scattered: The Revolutionary "Executive Skills" Approach to Helping Kids Reach Their Potential (2009)

Peg Dawson, Richard Guare & Colin Guare | FSRC

This guide provides a science-based program for promoting teens' independence by building their executive skills--the fundamental brain-based abilities needed to get organized, stay focused, and control impulses and emotions.

For Children

Joey Pigza series

Jack Gantos

In these children's books Joey Pigza struggles to balance his desire to behave and his impulses.

Putting on the Brakes: Young People's Guide to Understanding Attention Deficit Hyperactivity Disorder (2001)

Patricia O. Quinn & Judith M. Stern | FSRC

A resource for young people (8-13), their parents, and professionals covering treating ADHD, relaxation, and tips on how to ask for help, guidance, and support in managing ADHD and its symptoms.

Otto Learns About His Medicine: A Story About Medication for Children with ADHD (2001)

Matthew Galvin | FSRC

Otto, a fidgety young car that has trouble paying attention in school, visits a special mechanic who prescribes a medicine to control his hyperactive behaviour.

For Teens & Young Adults

A Bird's-Eye View of Life with ADD and ADHD: Advice from young survivors (2007)

Chris Dendy & Alex Zeigler

This survival guide for teens, preteens, and young adults offers factual information and practical advice in words and examples.

The Girls Guide to AD/HD (2005)

Beth Walker | FSRC

This book explains ADHD and how it affects girls, offering concrete advice on everything from school to dealing with friends.

School Related

Teaching Students with ADHD

education.alberta.ca/admin/supportingstudent/diverselearning/adhd.aspx

This resource provides classroom teachers with information and practical strategies they can use to better meet the needs of students with attention deficit/hyperactivity disorder.

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FSRC: Family Support & Resource Centre at BC Children's Hospital. Books and videos can be borrowed at no charge from anywhere in the province, or purchased from the online bookstore.

Tel: 604-875-2345 ext. 5102 | Website: <https://libraries.phsa.ca/fsrc>

Support Services

Confident Parents: Thriving Kids

Toll-Free: 1-855-871-8445

Confident Parents: Thriving Kids is a family-focused phone-based coaching service effective in reducing mild to moderate behavioural problems and promoting healthy child development in children ages 3-12 offered through the Canadian Mental Health Association, BC Division.

- More information: <https://www.cmha.bc.ca/programs-services/confident-parents-thriving-kids/>

Kelty Mental Health Resource Centre

Tel: 604-875-2084 | Toll-Free: 1-800-665-1822

keltymentalhealth.ca | [youtube.com/user/KeltyMentalHealth](https://www.youtube.com/user/KeltyMentalHealth)

The Kelty Mental Health Resource Centre is BC's information source for children, youth and families dealing with mental health and substance use challenges. In addition, the centre offers resources on eating disorders for all ages. Peer support is available for youth, parents of children with mental health or substance use challenges, as well as individuals of any age struggling with an eating disorder.

Kids Help Phone

Toll-Free: 1-800-668-6868 | kidshelpphone.ca

24-hour, bilingual and anonymous phone counselling, referral and Internet service for children.