ADHD STRATEGY MOM

Resources for Parents of Kids with ADHD

Books for Parents

Boy Without Instructions
by Penny Williams

The Explosive Child
by Ross W. Greene

ADHD 2.0
By Ed Hallowell and John Ratey

Understanding Girls with ADHD
By Kathleen Nadeau, Ellen Littman and Patricia Quinn

Curriculum/Executive Function Skills Training

In my opinion, the best executive function skills curriculum available. They now offer an online program for parents which I highly recommend.
https://smarts-ef.org/

Books for Teens

Atomic Habits
by James Clear

Smart but Scattered Teens
by Richard Guare, Peg Dawson and Colin Guare

Thriving with ADHD: Workbook for Teens
By Allison Tyler, LCSW

Books for Kids

Thriving with ADHD: Workbook for Kids
by Kelli Miller, LCSW

My Mouth is a Volcano, It's Hard to be a Verb
By Julia Cook

Websites for Parents

ADDitudeMag.com (check out the AMAZING free webinars for parents)
CHADD.org
CommonSenseMedia.org
LDAAmerica.org/parents
LivesInTheBalance.org
ParentsMedGuide.org
Understood.org

Podcasts for Parents

ADDitude ADHD Experts Podcast
By Additude Magazine

Parenting ADHD
Podcast by Penny Williams

Parenting Your Challenging Child
Podcast by Ross W.Greene

The ADHD Mama
Podcast with Susy Parker

Youtube channels

ADHDDude- Ryan Wexelblatt
How to ADHD–Jessica McCabe
Russell Barkley, PhD.-Dedicated to ADHD Science- Dr. Russell Barkley (now retired but still relevant information)

Ted Talks for Parents

Making ADHD Your Superpower
By George Cicci

Your Child's Most Annoying Trait May Reveal Their Greatest Strengths
By Josh Shipp

Ted Talks for Teens/Kids

I Have ADHD, What is Your Superpower?
By Negar(Nikki) Amini

This is what it's really like to live with ADHD
By Jessica McCabe

TikTok Accounts

@drhallowell
Renowned ADHD expert and author

@thepsychdoctormd
Sasha Hamdani MD discusses latest research, rejection sensitive dysphoria and women and girls with ADHD

@drtaylorpalmitier
Clinical Psychologist who focuses on positive parenting strategies for kids with ADHD