

There are abbreviated materials - "Information Packets" - that are included in this list. This list represents only materials primarily on this topic. However, there are other materials that speak to this topic available in the library (i.e., brief "Articles," etc.). Contact ORPARC for additional materials.

ADHD/ADD

Material Title: **ADD / ADHD Checklist, The: A Practical Reference for Parents and Teachers**
 Author: Sandra Rief *Books* 1998 256 pages

The ADD/ADHD Checklist helps parents and teachers to better understand children and teenagers with attention problems and provide the kind of support and intervention that is crucial to kids' success. Presented in a concise, easy-to-read checklist format, the book is packed with practical advice and information on a wide range of topics, including what we do and don't know about ADHD, probable causes, critical elements for school success, the most commonly prescribed medications, what children with ADHD need at home, effective behavioral strategies, how to help kids stay organized, and advocating for an ADHD child.

Material Title: **ADD Answer, The: How to Help Your Child Now**
 Author: Frank Lawlis *Books* 2004 268 pages

This book offers approaches to treating children diagnosed with ADD, addressing environmental modifications and biocleansing; advances in biofeedback and neurotherapy; the role of nutrition; the positive effects of counseling and goal-setting; strategies to improve sleep; getting effective help from schools, therapists, friends, and family; and more.

Material Title: **ADD/ADHD**
 Author: ORPARC Staff *Information Packets* 2008 145 pages

This packet contains articles reprinted with permission from CHADD and others as well as a list of guidelines compiled and synthesized by ORPARC staff from a number of sources. Included are such titles as "The Disorder Named AD/HD," "Parenting a Child with AD/HD," "AD/HD and Co-Existing Disorders," "Managing Medication for Children and Adolescents with AD/HD," "Educational Rights for Children with AD/HD," "Tips when Talking with Teachers," etc.

Material Title: **ADD/ADHD Behavior-Change Resource Kit: Ready-to-Use Strategies & Activities for Helping Children with Attention Deficit Disorder**
 Author: Grad L. Flick *Books* 1998 316 pages

This kit explains ADD/ADHD behavior, its biological bases and basic characteristics and describes procedures used for diagnosis and various treatment options. It details a set of training exercises and programs in which teachers, counselors, and parents work together to monitor and manage the child's behavior. It is printed in an 8 1/4" X 11" format for easy photocopying of forms, checklists and rating scales, with information and tools you'll need to manage behaviors, change behaviors, build social skills, solve homework issues, improve classroom behavior and cope with kids.

Material Title: **ADHD and Teens**
 Author: Colleen Alexander-Roberts *Books* 1995 177 pages

This book is a complete parenting guide with the information you need to survive these trying years; a solid, useful and detailed insight into the real world of ADHD.

Material Title: **ADHD and the Nature of Self-Control**
 Author: Russell Barkley *Books* 1997 350 pages

This fairly technical book, steeped in research, provides a radical shift of perspective on ADHD, arguing that the disorder is fundamentally a developmental problem of self-control, and that a deficit in attention is a secondary, and not universal, characteristic.

Material Title: **ADHD Handbook for Families: A Guide to Communicating with Professionals**
 Author: Paul Weingartner *Books* 1999 122 pages

Written by an experienced clinician who also has ADHD, this book provides background information on the disorder, including what it feels like, why it's difficult to identify, and how attitudes impact understanding. It also outlines a step-by-step approach to observing and recording the effects of ADHD on children, as well as how to find help - both medical and psychological.

Material Title: **ADHD in Adolescents: Diagnosis and Treatment**
 Author: Arthur Robin *Books* 1998 435 pages

This book, written for "psychologists, physicians, social workers, educators, and other professionals," is about, not only the facts of the disorder, but also its nature and the proper means of clinically evaluating it. And just as important, if not more so, he tells professionals what to do to be of help to these youth, their families, and their educators.

ADHD/ADD

Material Title: **AD-HD in Adulthood and College**

Author: information Packet *Information Packets* 2008 75 pages

This packet contains articles reprinted with permission from the CHADD (Children and Adults with Attention Deficit/Hyperactivity Disorder) website. Included are such titles as "Time Management," "Managing Medication for Adults ...," "Managing Money," "Succeeding in the Workplace," "Succeeding in College," "Social Skills in Adults ...," "Women and AD/HD," etc.

Material Title: **ADHD in Children, Adolescents and Adults: Diagnosis, Assessment and Treatment (Audiotape)**

Author: Russell Barkley *Audiotapes* 2000 *rs* 10 tapes

This taping of a presentation at the 2000 New England Educational Institute's annual symposium features Russell Barkley with an intensive course on the nature and treatment of children, adolescents and adults with ADHD and oppositional or defiant behavior. Participants will learn how to utilize advances in theoretical conceptualizations, differential diagnosis, and treatment approaches to ADHD.

Material Title: **ADHD in Children, Adolescents and Adults: Diagnosis, Assessment and Treatment (CD)**

Author: Russell Barkley *CDs* 2000 *rs*/ 20 CDs

This taping of a presentation at the 2000 New England Educational Institute's annual symposium features Russell Barkley with an intensive course on the nature and treatment of children, adolescents and adults with ADHD and oppositional or defiant behavior. Participants will learn how to utilize advances in theoretical conceptualizations, differential diagnosis, and treatment approaches to ADHD.

Material Title: **ADHD: A Teenager's Guide (Audiotape)**

Author: James J. Crist *Audiotapes* 1996 28 minutes

For the teenager who is tired of hearing, "You're just lazy!" or "You can do better," this comprehensive guide to ADHD, narrated smartly by teens, features nearly everything teens might want to know about ADHD. Chapters address what ADHD is, teenagers with ADHD, treatments, getting through school and college, learning disabilities and ADHD, coping with depression, and life after school. Excellent!

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Material Title: **All Dogs Have ADHD *(Children's Materials)**

Author: Kathy Hoopmann *Children's Books* 2009 65 pages

Absorbing and insightful, this book takes a refreshing approach to understanding ADHD. It combines humor with understanding to reflect the joys and challenges of raising a child who is different.

Material Title: **Answers to ADD: A Practical Guide for Parents**

Author: John Taylor *Books* 1997 32 pages

This booklet offers simple to follow guidelines and ideas for parents of kids with ADD with or without hyperactivity.

Material Title: **Attention Deficit Disorder: A Different Perception**

Author: Thom Hartmann *Books* 1997 171 pages

This book presents new ways to work with Attention Deficit Disorder (ADD) at home, work and school. He helps readers change their perception of those with ADD, such as his idea of the hunter in a farmer's world. "He demonstrates that ADD can be associated with creativity, high achievement, and a most successful adaptive style."

Material Title: **Attention Deficit/Hyperactive Student at School, The: A Survival Guide for Teachers and Counselors**

Author: John Taylor *Books* 1995 41 pages

This guidebook is designed to help teachers, counselors and administrators to work cooperatively with parents of ADHD students to identify and address the problems that school presents. Topics include Communicating of students' progress through daily reports; Assisting with medication; Improving students' self-esteem; Improving study skills; Homework problems; and others.

ADHD/ADD

Material Title: **Beyond Behaviors; Using Brain Science and Compassion to Understand and Solve Children's Behavioral Challenges**

Author: Mona Delahooke *Books* 3/19/2019 315

In *Beyond Behaviors*, internationally known pediatric psychologist, Dr. Mona Delahooke describes behaviors as the tip of the iceberg, important signals that we should address by seeking to understand a child's individual differences in the context of relational safety.

Featuring impactful worksheets and charts, this accessible book offers professionals, educators and parents tools and techniques to reduce behavioral challenges and promote psychological resilience and satisfying, secure relationships.

Neuroscience-based effective tools and strategies for children labeled with:

- Conduct Disorder
- Oppositional Defiant Disorder (ODD)
- Disruptive Mood Dysregulation Disorder (DMDD)
- Reactive Attachment Disorder (RAD)
- Sensory Processing Disorder (SPD)
- Anxiety & Depression
- Autism & Developmental or Learning Differences

And children who experience or have experienced:

- Aggressive, confusing and unpredictable behaviors
- Tantrums and meltdowns
- Disconnection or shutdown
- Adverse childhood experiences
- Trauma and toxic stress

Material Title: **Beyond Ritalin**

Author: Stephen W. Garber *Books* 1996 217 pages

This book's subtitle, *Facts About Medications and Other Strategies for Helping Children, Adolescents, and Adults with Attention Deficit Disorders*, is a good summary. It's not a book that condemns Ritalin use, but one that urges proper diagnosis, a knowledge-based approach to decisions about medication, and a look at the other issues surrounding Attention Deficit Disorders.

Material Title: **Bird's Eye View Of Life with ADD and ADHD, A: Advice from Young Survivors**

Author: Chris & Alex Ziegler Dendy & Ziegler *Books* 2003 180 pages

An ADD/ADHD survival guide written expressly for children and teens with advice from 12 teens and young adults living with the condition.

Material Title: **CHADD Information and Resource Guide to AD/HD, The**

Author: CHADD *Books* 2001 110 pages

This book is divided into five chapters in English and a two-page chapter in Spanish. The English Chapters each contain a series of articles and are titled respectively, "AD/HD," "AD/HD in Children," "AD/HD in Adolescents," "AD/HD in Adults," and "Legal Issues in AD/HD."

Material Title: **Cory Stories: A Kid's Book About Living with ADHD* (Children's Materials)**

Author: Jeanne Kraus *Children's Books* 2005 28 pages

Cory has lots of stories to tell, and lots of ways to get organized, pay attention, calm down, remember things, make friends, and feel good about himself and life with ADHD. With a note to parents by Dr. Jane Annunziata.

Material Title: **Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder**

Author: Edward Hallowell *Books* 2006 341 pages

Self assessment tools, exercises that help, to medicate or not to medicate, treatments that work, diet, habits of highly effective ADD-ers, conditions that coexist with ADD, genetics and ADD, finding the buried treasure in school, college alert, tips for adults with ADD worry and ADD, sex and ADD; these are just a few of the topics addressed in the 43 chapters in this follow-up to *Driven to Distraction*.

Material Title: **Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood through Adulthood**

Author: Edward Hallowell & John Ratey *Books* 1994 285 pages

The authors take the reader through a detailed step-by-step diagnostic process that includes a thorough review of individual and family history, and current problematic conditions. They also explain psychological testing that may provide further information toward establishing a clinical diagnosis of ADHD/ ADD. It describes the general principles of treatment for ADHD/ ADD including medication, behavioral management, and psychotherapy.

ADHD/ADD

Material Title: **Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood Through Adulthood (2 CDs)**

Author: Edward M. Hallowell, M.D. and John J. Ratey, M.D. *CDs* 2003 2 hours

This abridged version has author Edward Hallowell reading from the book he wrote with John Ratey which takes the reader through a detailed step-by-step diagnostic process that includes a review of individual and family history and current problematic conditions. They also explain psychological testing that may provide further information toward establishing a clinical diagnosis of ADHD/ ADD. It describes the general principles of treatment for ADHD/ ADD including medication, behavioral management, and psychotherapy.

Material Title: **Eagle Eyes: A Child's Guide to Paying Attention* (Children's Materials)**

Author: Jeanne Gehret, M.A. *Children's Books* 1991 26 pages

Some of the most telltale signs of ADHD - impulsivity, distractibility, and hyperactivity as well as trouble sleeping - are all highlighted through this story of the frustrations and triumphs of ben, a child with ADHD.

Material Title: **Effective Discipline Strategies: The Answers to ADD (Audiotape)**

Author: John Taylor *Audiotapes*

This tape is one of the many in John F. Taylor's "The Answers to A.D.D." audio/video series. Highlights of this tape include: arranging suitable consequences; improving decision making skills; maintaining love and leadership; confronting the child successfully; preventing arguments and power struggles; avoiding the remind-nag-yell-punish cycle; and more.

Material Title: **Fidget to Focus: Outwit Your Boredom: Sensory Strategies for Living with ADD**

Author: Roland Rotz and Sarah D. Wright *Books* 2005 84 pages

This book offers a brief overview of ADD, a brief introduction to a "new view," and then plunges into sensory systems strategies based on personal experiences of hundreds of people, strategies that involve "respectful, effective fidgeting" among other things. The 84 page body is followed by 42 pages of Appendixes including a 20 page workbook.

Material Title: **Getting a Grip on Add: A Kids Guide to Understanding and Coping With Attention Disorders**

Author: Kim & Susan Frank & Smith *Children's Books* 1994 64 pages

Help children cope more effectively with ADD. Use the practical ideas in the second part to help them work out their own problems by doing the creative fun and practical projects.

Material Title: **Helping Your ADD Child: Hundreds of Practical Solutions for Parents and Teachers of ADD Children and Teens (With or Without Hyperactivity) (Revised Third Edition)**

Author: John F Taylor *Books* 2001 346

For the millions of children who have attention deficit disorder (ADD) and for those who are impacted by its resulting behavior, this comprehensive guide to understanding and treating ADD (with or without hyperactivity) offers exciting new hope. Written by a nationally known psychologist and father of ADD children, this groundbreaking book is a lifesaver for kids, parents, and teachers alike. Inside you will find step-by-step tools for helping your ADD or ADHD child - everything from an extensive screening for spotting the initial signs of ADD and making a proper diagnosis to the pros and cons of nutritional, psychological, and drug treatments. This is by far the most up-to-date and compassionate book on ADD and it will make a profound difference for both you and your child.

Material Title: **Helping Your Hyperactive/ADD Child (Revised Second Edition)**

Author: John Taylor *Books* 1990 378 pages

This comprehensive work from a nationally known clinical psychologist and father of a child with ADHD, shows how to use the most effective tools from a wide range of treatment methods. You will learn how to recognize ADHD symptoms in your child using the Taylor Hyperactivity Screening Checklist; nurture your child's self-esteem; work with schools, therapists and other care-givers; find or start support groups for parents of children with ADHD; and much more.

Material Title: **Hyperactive Child, Adolescent, and Adult, The: Attention Deficit Disorder Through the Lifespan**

Author: Paul Wender *Books* 1973 150 pages

To anyone who suspects that his or her child suffers from ADHD, this book is a must. It gives information on diagnostic tests, causes and symptoms, treatment, and valuable tips on structuring, where to go for help, and how ADHD differs from a learning disability.

ADHD/ADD

Material Title: **It's Tough to Be Gentle: A Dragon's Tale* (Children's Materials)**

Author: Cindy R. Lee *Children's Books* 2015 34 pages

Dex has the sweetest heart and the roughest touch. He breaks his toys, has difficulty with personal space, and has an energy level that idles on high! Dex deeply desires to play with a family of baby birds, but his request is denied until he can learn to be gentle and kind. Join this misunderstood dragon as he creatively learns how to have a gentle touch. *It's Tough to Be Gentle: A Dragon's Tale*, helps children understand the gentle and kind concept and the Teaching Tips for Parents provides parents with information on how they can empathize with a child similar to Dex. *It's Tough to Be Gentle: A Dragon's Tale* is designed to teach Trust Based Relational Intervention (TBRI®) principles developed by Dr. Karyn Purvis and Dr. David Cross at the Institute of Child Development.

Material Title: **Jump OUT of the Trauma Tornado: Tackling Lying (Audio)**

Author: Robyn Gobbel *DVDs* 2017 75 minutes

Families with children who have experienced trauma often get stuck in a vicious cycle of difficult behavior, parent reaction, and then more difficult behavior. This webinar will break down the trauma tornado, helping you understand how it started and what you can do to jump out. It will also help you understand lying as a trauma driven behavior and will give you ideas on how to respond in a way that will actually increase trust and decrease fear- the very thing that is driving the lying in the first place. These skills will help you get to the root of the lying without relying on short-term behavior fixes or fear-based compliance.

Material Title: **Jumpin' Johnny Get Back to Work: A Child's Guide to ADHD/Hyperactivity* (Children's Materials)**

Author: Michael Gordon, PhD *Children's Books* 1998 24 pages

This is a story about a boy who has trouble paying attention and keeping still even when he really tries. Along with his family and teacher, he finds that he has an Attention Deficit Hyperactivity Disorder (ADHD). The story is told by a youngster who truly struggles to achieve, but doesn't always meet with success or acceptance. Although he moves through the day experiencing frustration and embarrassment, he still maintains his sense of humor and spirit of determination.

Material Title: **Learning to Slow Down and Pay Attention: A Book for Kids About ADHD* (Children's Materials)**

Author: Kathleen Nadeau, PhD and Ellen B. Dixon, PhD *Children's Books* 2005 88 pages

Packed with practical tips, know-how, and fun, this friendly workbook just for kids has solutions for every situation - at home, at school, and with friends. Includes notes and resources for parents.

Material Title: **Living With ADHD: A Practical Guide to Coping With Attention Deficit Hyperactivity Disorder**

Author: Rebecca Kajander *Books* 1999 81 pages

ADHD is a common developmental disorder that requires for its successful mastery well-developed coping skills 1) based on an understanding of its cause, manifestations and management, and 2) the informed joint participation of the child, family and the school. This recently revised second edition features updated information on medications, an even more comprehensive list of organizations and books, and a brand new chapter on living with ADHD in adulthood.

Material Title: **Living With the ADD/ADHD Child (VHS)**

Author: Jeff Sosne *Videotapes* 3.5 hours

In part one of this two-tape program, Dr. Sosne presents a core definition of ADD/ADHD and reviews basic principles for helping children affected by it. In part two, he relays techniques for teaching ADD/ADHD children how to meet daily responsibilities and complete tasks. He describes practical methods for handling disappointment and frustration, and building self-control.

Material Title: **Maybe You Know My Kid: Helping Your Child With Attention Deficit Hyperactive Disorder**

Author: Mary Fowler *Books* 1990 261 pages

This book gives parents updated, practical and necessary information on the causes and treatment of ADHD from the most respected researchers and practitioners in the field.

Material Title: **My Brother's a World-Class Pain: A Sibling's Guide to ADHD/Hyperactivity* (Children's Materials)**

Author: Michael Gordon, PhD *Children's Books* 1992 34 pages

Finally a book for the oft-forgotten group of those affected by ADHD: the brothers and sisters of ADHD children. While they frequently bear the brunt of the ADHD child's impulsiveness and distractibility, siblings usually are not afforded opportunities to understand the nature of the problem and to have their own feelings and thoughts addressed. This story about an older sister's efforts to deal with her active and impulsive brother sends the clear message to siblings of the ADHD child that they can play an important role in a family's quest for change.

ADHD/ADD

Material Title: **Myth of the ADHD Child, The; 101 Ways to Improve Your Child's Behavior and Attention Span Without Drugs, Labels, or Coercion-Revised 2017 version**

Author: Thomas Armstrong *Books* 8/29/2017 350

A fully revised and updated edition of the groundbreaking book on tackling the root causes of children's attention and behavior problems rather than masking the symptoms with medication.

More than twenty years after Dr. Thomas Armstrong's *Myth of the A.D.D. Child* first published, he presents much needed updates and insights in this substantially revised edition. When *The Myth of the A.D.D. Child* was first published in 1995, Dr. Thomas Armstrong made the controversial argument that many behaviors labeled as ADD or ADHD are simply a child's active response to complex social, emotional, and educational influences. In this fully revised and updated edition, Dr. Armstrong shows readers how to address the underlying causes of a child's attention and behavior problems in order to help their children implement positive changes in their lives.

The rate of ADHD diagnosis has increased sharply, along with the prescription of medications to treat it. Now needed more than ever, this book includes fifty-one new non-drug strategies to help children overcome attention and behavior problems, as well as updates to the original fifty proven strategies.

Material Title: **Nowhere to Hide: Why Kids with ADHD & LD Hate School and What We Can Do About It**

Author: Jerome J. Schultz *Books* 2011 321 pages

A new approach to help kids with ADHD and LD succeed in and outside the classroom. This groundbreaking book addresses the consequences of the unabated stress associated with Learning disabilities and ADHD and the toxic, deleterious impact of this stress on kids' academic learning, social skills, behavior, and efficient brain functioning. Schultz draws upon three decades of work as a neuropsychologist, teacher educator, and school consultant to address this gap. This book can help change the way parents and teachers think about why kids with LD and ADHD find school and homework so toxic. It will also offer an abundant supply of practical, understandable strategies that have been shown to reduce stress at school and at home.

Offers a new way to look at why kids with ADHD/LD struggle at school

Provides effective strategies to reduce stress in kids with ADHD and LD

Includes helpful rating scales, checklists, and printable charts to use at school and home

This important resource is written by a faculty member of Harvard Medical School in the Department of Psychiatry and former classroom teacher.

Material Title: **Only a Mother Could Love Him: My Story - How I lived with A.D.D. and Overcame It!**

Author: Benjamin Polis *Books* 2002 168 pages

This book by a 19 year old with Attention Deficit Disorder combines a narrative of his experiences with analogies and explanations of the ADD thought process to help parents and caregivers understand how thinking works in those with ADD and what they can do to teach their child to control his or her own behavior.

Material Title: **Parent's Guide to Attention Deficit Disorders, The**

Author: Stephen McCarney *Books* 1995 405 pages

The body of this practical handbook is divided into two sections, "Behaviors and Interventions" and "Supplemental Behaviors and Solutions." Within these sections, 188 behaviors are listed under 17 different categories, and after each behavior is a list of anywhere from 16 to 89 practical suggestions for responding to the behavior.

Material Title: **Parents Wanted* (Children's Materials)**

Author: George Harrar *Children's Books* 2001 239 pages

Narrator, Andy Fleck, a 12-year-old with Attention Deficit Disorder has learned one set of rules from his birth dad (how not to get caught) and another from the kids at the state-run home (how to manipulate adults). Placed with foster parents who are looking to adopt, he has a chance to escape his past, but he can't keep himself from challenging every limit. He plays "mailbox baseball" with his dad's bat, gets in trouble at school, and, when his birth dad shows up looking for money, steals from his foster dad's wallet. So far his foster parents have refused to give up on him. But will he go too far? Humorous and touching, this is "a killer read" for kids 10 and up.

Material Title: **Putting on the Brakes Activity Book for Kids with ADD or ADHD* (Children's Materials)**

Author: Patricia O. Quinn, MD and Judith M. Stern, MA *Children's Books* 2009 90 pages

This workbook features activities that are comprehensive and cover practically every area in a kids' life that ADHD can affect: school (homework, test-taking, planning for projects, time management, making friends, proofreading, etc.); home (organization, taking medication, doing things step-by-step); behavior and emotional regulation (anger management, conflict resolution, learning from mistakes, relaxation techniques, etc.); health and nutrition (healthy foods, exercise, getting outside/green space, etc.); and self awareness/self-esteem (strengths and weaknesses, making friends, etc.). All of the information is presented to kids in fun, engaging activities that challenge their skills and empower them to strive to be their best. **Parents are encouraged to make copies of activities in order to preserve longevity of book**

ADHD/ADD

Material Title: **Putting on the Brakes: Young People's Guide to Understanding Attention Deficit Hyperactivity Disorder* (Children's Materials)**
Author: Patricia Quinn *Children's Books* 2001 67 pp
A guide for children and their parents, teachers and counselors to understanding and gaining control over attention deficit hyperactivity disorder.

Material Title: **Right-Brained Children in a Left-Brained World: Unlocking the Potential of your ADD Child**
Author: Jeffrey Freed, M.A.T., and Laurie Parsons *Books* 1997 238 pages
For children living with Attention Deficit Disorder (ADD), life can be frustrating. They may find it impossible to sit quietly, focus on a task, or work well with others; they often have difficulty mastering even basic skills. But there is more to ADD than deficits. Jeffrey Freed, who works exclusively with ADD and gifted children, has developed a simple, easy-to-apply program that works with the special abilities of the ADD child. Freed and coauthor Laurie Parsons explain how, in as little as ten minutes a day you can: test for a right-brained learning style; help your ADD child master spelling – and build confidence; tap your child's speed-reading abilities; and win over teachers and principals to the right-brained approach the ADD child thrives on.

Material Title: **Ritalin Is Not the Answer Action Guide**
Author: David Stein *Books* 2002 161 pages
This "Interactive Companion" to 1999's "Ritalin Is Not the Answer" provides a workbook with self-tests, step-by-step guidelines, checklists, and exercises to use in connection with the earlier work's "Caregivers' Skill Program." Both books present a view adamantly opposed to the use of medication to treat people with ADHD. Since there is much research on both sides of this issue, ORPARC recommends that parents explore a wider range of research before deciding on a course of treatment.

Material Title: **Ritalin Is Not the Answer: A Drug-Free, Practical Program for Children Diagnosed with ADD or ADHD**
Author: David Stein *Books* 1999 174 pages
As its title suggests, this book sits clearly on the side of those who are opposed to the use of medication to treat ADHD. There is much research in support of each side in this delicate controversy, so it would benefit any parent to examine the issues thoroughly before accepting or rejecting any course of treatment. That aside, this book offers an approach that could produce beneficial results even to a child whose treatment includes Ritalin.

Material Title: **Ritalin-Free Child, The: Managing Hyperactivity & Attention Deficits Without Drugs**
Author: Diana Hunter *Books* 1995 152 pages
With chapters on self-esteem, diet & nutrition, schools, family life, and other elements, this book encourages alternatives to medication in dealing with your child's Attention Deficit/Hyperactivity.

Material Title: **School Success Tool Kit, The: Answers to A.D.D. (VHS)**
Author: Video *Videotapes* 1992 45 minutes
This video presents tips and ideas for teachers to use in the classroom and for parents to use at home.

Material Title: **Self-Control to the Rescue!; Super Powers to Help Kids Through the Tough Stuff in Everyday Life**
Author: Lauren Bruner *Children's Books* 06/21/2017 112
The self-control super hero is back! This time, they've come prepared with simple strategies to tackle the difficult emotions and challenges of everyday life. From the morning routine to making friends at recess, paying attention in class and getting a good night's sleep, this guide will help children stay on track and save the day!
Focussing on specific times of the day that present particular challenges, the book uses illustrations and simple language to describe breathing exercises, stretching, and visualization techniques to help children aged 4-7 keep calm and in control. Suitable for all children, but especially those with sensory and emotional regulation difficulties, this is an accessible guide with extra tips and resources for parents, educators or therapists.

Material Title: **Shelley: The Hyperactive Turtle* (Children's Materials)**
Author: Deborah Moss *Children's Books* 1989 19 pages
This short picture book for very young readers follows Shelley through his ups and downs until a doctor helps him understand why and how he is different from the other turtles.

ADHD/ADD

Material Title: **Straight Talk about Psychiatric Medications for Kids**

Author: Timothy E. Wilens *Books* 2010 264 pages

Dr. Timothy Wilens provides essential guidance for parents facing tough choices about whether or not to give a child medication for emotional or behavioral problems. Packed with frequently asked questions, examples, and charts, the book explains which medications are prescribed for kids and why; their effects on health, emotions, and school performance; how to maximize the benefits; and when to consider other treatments instead. A special 2005 supplement advises parents on the issues surrounding the FDA "black box" warning on SSRIs for depression in children and teenagers.

Material Title: **Survival Guide for Kids with ADD or ADHD, The* (Children's Materials)**

Author: John F. Taylor, PhD *Children's Books* 2006 107 pages

Do you have a hard time paying attention or staying still? Do you sometimes get yelled at for talking in class or moving around? Do you often zone out? Lose assignments? Fall behind in school? Have trouble controlling your behavior? Maybe you have ADD or ADHD. These are labels grown-ups use to understand and help kids with these types of challenges. If you've been labeled ADD or ADHD, this book is for you.

Material Title: **Survival Strategies for Parenting Your ADD Child: Dealing with Obsessions, Compulsions, Depression, Explosive Behavior, and Rage**

Author: George T. Lynn *Books* 1996 268 pages

In this book, the author describes six essential strategies parents can use to deal with their own distress and rage as a result of a child's provocation. He also addresses the problems confronting single parents with ADD children. He provides parents with methods which can heal the pain that occurs in families with these troubled children.

Material Title: **Talking Back to Ritalin**

Author: Peter R. Breggin *Books* 1998 356 pages

This looks at the current state of drug use to treat ADHD in this country is divided into four parts. "Ritalin, Amphetamine And Other Stimulant Drugs" describes the medical and psychological ideology and reality behind the use of these drugs. "Attention Deficit-Hyperactivity Disorder (ADHD)" addresses medical and psychological theory and practice in diagnosing this ubiquitous problem. "The Politics Of TheADHD/Ritalin Lobby" reveals "Who's Behind All This." And "How We Can Help Our Children" offers solutions.

Material Title: **Taming the Tornado In Your Classroom and at Home: A Positive Approach to Management & Discipline for Educators & Parents**

Author: Allan Lifson *Books* 1980 214 pages

This book offers parents and teachers ideas for working with hyperactive children. A lot has been learned about hyperactivity in the last two decades, so this shouldn't be used as an introduction to ADHD or related disabilities, but there are practical tips and strategies here that many parents and teachers might find useful in their day-to-day interactions with the "tornadoes" in their lives.

Material Title: **Teacher's Guide to Attention Deficit Disorder, A**

Author: Daniel G. Amen *Books* 1997 159 pages

This guide provides teachers with the latest information on the diagnosis and treatment of ADD and how to effectively intervene in the classroom, with students and with their parents. Sophisticated brain imaging studies highlight the biological nature of ADD and provide insights into effective interventions. Specific brain-based strategies are given to help ADD students be more effective every day.

Material Title: **Teenagers With Add: A Parents' Guide (The Special-Needs Collection)**

Author: Chris A. Zeigler Dendy *Books* 1995 370 pages

Parents, educators, and health professionals rely on this best-selling guide to understand and cope with teenagers with Attention Deficit Disorder (ADD). With a positive outlook, this book covers symptoms, diagnosis, treatments, accommodations, advocacy, legal rights, family & school life, and options after high school. Appropriate interventions are discussed for troubling behaviors such as sleep disturbances, learning problems, depression, and driving problems. Abundant anecdotal information provides insight and advice to successfully navigate the teenage years.

Material Title: **Understanding Girls with AD/HD**

Author: Kathleen, Ellen & Patricia Nadeau, Littman & Quinn *Books* 2006 293 pages

A ground-breaking book on the needs and issues of girls with attentional problems: why they are often undiagnosed, how they are different from boys, and what their special needs are in school, in their social world and at home. Age-related checklists from pre-school to high school help parents and professionals better identify and help girls with AD/HD

ADHD/ADD

Material Title: **Winston Wallaby Can't Stop Bouncing; What to do about Hyperactivity in Children Including Those with ADHD, SPD, and ASD**

Author: K.I. Al-Ghani *Children's Books* 12/19/2017 72

Winston Wallaby, like most Wallabies, loves to bounce. However, Winston can't seem to ever sit still and when he starts school he needs help to concentrate...

Luckily his teacher Mrs Calm shows Winston how to settle down and focus his mind in class, and he learns new ways to help him with touch, feel, attention and awareness.

This fun, illustrated storybook will help children aged 5-10 with Attention Deficit Hyperactivity Disorder (ADHD), Sensory Processing Disorder (SPD) and Autism Spectrum Disorder (ASD) recognise their sensory needs and develop tools to support them. A helpful introduction for parents and carers explains hyperactivity and how it can affect a child's perception of the world, and the appendices at the back provide useful strategies to be adopted at school and at home.

Material Title: **You Mean I'm Not Lazy, Stupid Or Crazy! A Self-Help Book for Adults with Attention Deficit Disorder**

Author: Kate Kelly and Peggy Ramundo *Books* 2006 413 pages

There is a great deal of literature about children with attention deficit disorder, ADD. But what do you do if you have ADD and aren't a child anymore? This book focuses on the experiences of adults, offering accurate information, practical how-to's and moral support to help readers deal with ADD. It explains the diagnostic process that distinguishes ADD symptoms from normal lapses in memory, lack of concentration or impulsive behavior.

Material Title: **Your Hyperactive Child: A Parents' Guide to Coping With Attention Deficit Disorder**

Author: Barbara Ingersoll *Books* 1988 191 pages

This authoritative handbook provides a wealth of information to help parents of a hyperactive child understand and cope with their child's baffling behavior. It outlines practical steps you and your child's teachers can take to help your child.