

ADHD Reference List for Families

1. Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood through Adulthood. Edward M. Hallowell, MD and John J. Ratey, MD, 1994.

This book provides an excellent overview of ADHD, discusses the strengths of people with ADHD and shows how positive outcomes can be achieved. It helps the readers recognize some of the difficulties posed by the educational and social environments.

2. You Mean I'm Not Lazy, Stupid or Crazy?! A Self-Help Book for Adults with Attention Deficit Disorder. Kate Kelly and Peggy Ramundo. 1993 with paperback in 2003.

This book was written with the adult population in mind. It addresses all aspects of ADHD and how it affects daily life. It is especially refreshing for adults who see that they have had the condition their whole lives.

3. ADHD Book: Living Right Now! Martin L. Kutscher, MD, 2003.

This title was written by a physician when he heard parents of ADHD kids say that they did not have time to read long books! He does a good job of discussing the features of ADHD and the various treatments and helps parents see the value of strategies at home.

4. Learning Outside the Lines. Jonathan Mooney and David Cole, 2000.

This book was written by two students who both have ADHD and learning disabilities and who ended up at ivy league schools. It is targeted at students and provides them with strategies to use at school.

5. A Mind at a Time: America's Top Learning Expert Shows How Every Child Can Succeed. Mel Levine, MD, 2002.

This resource is designed to explain the eight major systems involved in learning, how they can "malfunction", and, most importantly, how to overcome difficulties in learning in order to achieve school success. It is not specifically focused on ADHD but is very useful in helping understand the learning issues that people with ADHD face.

6. ADD/ADHD Behavior Change Resource Kit: Ready to use Strategies and Activities for Helping children with Attention Deficit Disorder. Grad L. Flick, PhD., 1998.

The author has provided a set of strategies for use by children, parents, teachers, physicians, counselors, and mental health professionals to help people with ADHD in school, at home and in social situations. It contains various charts and tables that can be copied for use in the various settings.

7. The Adventures of Captain Underpants. Dav Pilkey, 1997

This is a series based on the adventures of two boys who have ADHD. It is written for children but provides some imaginable examples of what can happen.

8. The Edison Gene: ADHD and the Gift of the Hunter Child. Thom Hartmann, 2003.

Thom Hartmann discusses the advantages of having ADHD and reflects on the role of ADHD individuals through civilization. He provides a positive perspective that can help kids and families recognize the strengths and to envision positive outcomes.

9. Attention Deficit Disorder: A Different Perception. Thom Hartmann

The view of the positive aspects of ADHD is presented in this book and tries to balance them with the difficulties encountered.

10. Healing ADD: The Breakthrough Program That Allows You to See and Heal the 6 Types of ADD. Daniel G. Amen, MD, 2001.

Dr. Amen discusses the subtypes of ADD, their characteristics, how the types vary, and treatment strategies. The book is based on his extensive clinical practice.

11. In The Mind's Eye: Visual Thinkers, Gifted People with Dyslexia and Other Learning Difficulties, Computer Images and the Ironies of Creativity. Thomas G. West, 1997.

This book discusses the special talents of individuals with learning disabilities, especially those with dyslexia. He points out how they are often visual thinkers with creativity that far exceeds those without disabilities. This book is rather technical, but helps the reader look for the strengths of individuals with disabilities and school difficulties. It is not specifically focused on ADHD, but offers a more general perspective.

12. How to Reach and Teach children with ADD/ADHD. Practical Techniques, Strategies, and Interventions, 2nd Edition. Sandra F. Rief (2005).

This volume covers grades K-12 and offers many strategies that can be used at school and home. It contains stories of students and their outcomes over time. It is a good reference and selected sections can be used depending upon need.

Internet Sources

1. LDOnline: A website for teachers, parents, professionals and kids to provide up to date information: <http://www.ldonline.org/>
2. From LDonline: Helping the Student with ADHD in the Classroom Strategies for Teachers
<http://www.ldonline.org/ld2/test/article.php?max=20&id=982&loc=95>
3. Neuroscience for Kids - gives kids a chance to become interested in their brains and learning and provides a good overview for parents:
<http://staff.washington.edu/chudler/introb.html>
4. Misunderstood Minds (PBS) - an excellent series with links and clips discussing how people learn differently: <http://www.pbs.org/wgbh/misunderstoodminds-OLD/intro.html>
5. All Kinds of Minds (Mel Levine) - contains many resources and information pieces on all aspects of learning: <http://www.allkindsofminds.com/>
6. Schwab Learning resource for helping kids with learning difficulties, supported by Charles Schwab who has a significant reading disability (dyslexia), contains references to ADHD and stays up to date. Note - Charles Schwab donated 10 million dollars to start the All Kinds of Minds Institute in North Carolina with Mel Levine: <http://www.schwablearning.org/>