

ADHD AND MYTHS

Many people have some idea about what ADHD is because it is commonly referred to in our everyday culture. However, ADHD is a very misunderstood diagnosis and there are many myths about it that parents should be aware of.

Learning about the myths is also a great way to start educating yourself about the disorder so that you can learn how to help your child. This section provides myths and facts about ADHD.

Recommended Books

- Taking Charge of ADHD: The Complete, Authoritative Guide for Parents. by Russell A. Barkley. - This book provides guidance and tips about ADHD and treatment.
- The Family ADHD Solution: A Scientific Approach to Maximizing your Child's Attention and Minimizing Parental Stress. By Mark Bertin. - Techniques are taught to both parents and children to manage ADHD's impact.
- Attention Deficit - Hyperactivity Disorder. by H. Moghadam. - A concise book to address the concerns of parents and teachers of children with ADHD.
- Putting on the Brakes: Understanding and Taking Control of Your ADD or ADHD. by Patricia O. Quinn and Judith M. Stern. - A guidebook for kids with ADHD to help them be successful in managing their ADHD symptoms.
- Dispelling Myths about ADHD. Take Ten Series produced by CanLearn Society. [Download PDF](#).

Recommended Websites and Other Resources

- ADHD Facts- Dispelling the Myths - Centre for ADHD Awareness, Canada (CADDAC). CADDAC is a national, non-profit, umbrella organization providing leadership in education and advocacy for ADHD organizations and individuals across Canada. <http://www.caddac.ca/cms/page.php?138>
- 10 Myths and Facts about Attention Deficit Disorder (ADD/ADHD) by Dr. Thomas E. Brown. Taken from *Attention Deficit Disorder: The Unfocused Mind in Children and Adults*. http://www.drthomasebrown.com/pdfs/myths_and_facts.pdf
- Myths and Misunderstandings. by CHADD. Evidence from research studies continue to dispel the myths and misunderstandings about ADHD. CHADD looks at some of the misconceptions and recent research available to address them. <http://www.chadd.org/Understanding-ADHD/About-ADHD/Myths-and-Misunderstandings.aspx>
- 6 Common Myths About ADHD. by Amanda Morin. Understood.org looks at separating myth from fact to help you feel more confident in your ADHD knowledge. <https://www.understood.org/en/learning-attention-issues/child-learning-disabilities/add-adhd/6-common-myths-about-adhd?view=slideview>