



## Info Rx

# Caregivers of Children and/or Teens with ADHD

ADHD or Attention Deficit Hyperactivity Disorder is a neurological condition which makes it hard for people to think before acting and/or speaking, pay attention, stay focused, and to sit still.

**Borrow these books from the FCRC or check your local library!**

### **Taking Charge of ADHD: The Complete, Authoritative Guide for Parents**

*Russell A. Barkley (2013)*

This guide helps caregivers understand ADHD and develop a plan for symptom management.

### **Understanding Girls with Attention Deficit/Hyperactivity Disorder**

*Kathleen G. Nadeau, Ellen B. Littman and Patricia O. Quinn (2015)*

ADHD impacts girls differently. This book provides strategies to specifically help girls and women.

### **If Your Adolescent has ADHD: An Essential Resource for Parents**

*Thomas J. Power and Linda Wasmer Andrews (2018)*

This book provides practical information about ADHD, including causes, symptoms, diagnosis, and treatment. It also addresses teen-specific topics such as adolescent friendships, dating, curfews, and sports and extracurricular activities.

### **The Family ADHD Solution: A Scientific Approach to Maximizing your Child's Attention and Minimizing Parental Stress**

*Mark Bertin (2011)*

Parents can learn strategies to help their child manage ADHD, support themselves, and the rest of their family in this book.

### **The Couple's Guide to Thriving with ADHD**

*Melissa Orlov and Nancie Kohlenberger (2014)*

Written for couples struggling with ADHD who want to actively work to improve their relationship, this book provides tips and advice.



## **You Mean I'm Not Lazy, Stupid or Crazy?!: The Classic Self-Help Book for Adults with Attention Deficit Disorder**

*Kate Kelly and Peggy Ramundo (2006)*

This reference book focuses on the experiences of adults with ADD. It offers updated information, practical how-tos and moral support to help readers deal with ADHD.

## **Organizing the Disorganized Child: Simple Strategies to Succeed in School**

*Martin L. Kutscher and Marcella Moran (2009)*

Simple strategies and executive function skills are provided in this book for parents and educators.

## **Smart but Scattered: The Revolutionary "Executive Skills" Approach to Helping Kids Reach Their Potential**

*Peg Dawson and Richard Guare (2009)*

Easy to use steps help parents identify their child's strengths and weaknesses. The activities and techniques in this book will help parents teach children problem-solving skills.


## **Smart but Scattered Teens: The "Executive Skills" Program for Helping Teens Reach Their Potential**

*Richard Guare, Peg Dawson, and Colin Guare (2013)*

This guide helps parents to promote their teen's independence by building their brain-based abilities needed to get organized, stay focused, and control impulses and emotions.

Need more information?

## **Child Health Information Specialist**

 403-955-7745  [ChildHealthInfo@ahs.ca](mailto:ChildHealthInfo@ahs.ca)

 [frcr.ahs.ca/rx/adhd/](http://frcr.ahs.ca/rx/adhd/)

### **Family & Community Resource Centre**

2<sup>nd</sup> Floor, Alberta Children's Hospital  
28 Oki Drive NW, Calgary, AB, T3B 6A8

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