

## **ADHD RESOURCES**

If your child has been diagnosed with ADHD, it is especially important to learn about this disorder to better understand your child. Learning about management strategies will help you ensure you are doing everything you can to help your child maximize their potential!

The internet can be overwhelming with its vast amount of information, not all of which is accurate. Here are some resources that have more detailed information on ADHD, potential causes, and various management strategies.

### **Online Resources**

Children and Adults with ADHD (CHADD) [www.chadd.org](http://www.chadd.org)

The Canadian ADHD Resource Alliance (CADDRA)

[www.caddra.ca](http://www.caddra.ca) ADHD and You [www.adhdandyou.com](http://www.adhdandyou.com) Totally

ADD [www.totallyadd.com](http://www.totallyadd.com)

Centre for ADHD Awareness, Canada [www.caddac.ca](http://www.caddac.ca)

Russell Barkley's Website <http://www.russellbarkley.org/>

**Medication Specific Websites** Concerta Biphentin Vyvanse **Books** [www.myconcerta.ca](http://www.myconcerta.ca) (register with DIN) [www.biphentin.ca](http://www.biphentin.ca) (register with DIN) [www.vyvanse.com](http://www.vyvanse.com) (no registration needed)

- “Taking Charge of ADHD: the Complete Authoritative Guide for Parents” By Russell Barkley
- “Attention Deficit Disorder: The Unfocused Mind in Children and Adults” By Thomas E. Brown
- “The Survival Guide for Kids with ADD or ADHD” By John F. Taylor
- “100 Questions & Answers about Your Child’s Attention Deficit Hyperactivity Disorder” By Ruth Nass and Fern Leventhal