Bibliography of Helpful Resources for ADD/ADHD

Books for Kids:
- Eukee the Jumpy Elephant. Corman & Trevino.
- My Mouth Is a Volcano (Helping Kids Manage Their Thoughts and Words Without Interrupting). Cook.
- Personal Space Camp (Teaching Kids the Concepts of Personal Space). Cook.
- Putting on the Brakes: A Young People’s Guide to Understanding ADHD. Quinn & Stern.
- “Putting On the Brakes” Activity Book for Young People With ADHD. Quinn, Stern & Russell.
- Shelley the Hyperactive Turtle. Moss.
- Sometimes I Drive My Mom Crazy, But I Know She’s Crazy About Me. Shapiro.
- The Survival Guide for Kids with ADD or ADHD. Taylor.

Books for Tweens and Teens:
- A Bird’s-Eye View of Life with ADD and ADHD: Advice from Young Survivors. Dendy & Ziegler.
- Adolescence and ADD. Quinn.
- Answers to Distraction. Hallowell & Ratey.
- ADD and the College Student. Quinn.
- ADD-Friendly Ways to Organize Your Life. Kohlberg & Nadeau.
- Answers to Distraction. Hallowell & Ratey.
- Delivered From Distraction: Getting the Most Out of Life with Attention Deficit Disorder. Hallowell & Ratey.
- Distant Drums, Different Drummers: A Guide for Young People with ADHD. Ingersoll.
- Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood through Adulthood. Hallowell & Ratey.
- Put Yourself in Their Shoes. Parker.
- Survival Guide for the College Students with ADD or LD. Nadeau.
- You Mean I’m Not Lazy, Stupid or Crazy? Kelly & Ramundo.

Books for Teachers, Parents and other Interested Parties:
- Attention without Tension: A Teacher’s Handbook on ADD. Copeland & Love.
- Delivered From Distraction: Getting the Most Out of Life with Attention Deficit Disorder. Hallowell & Ratey.
- Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood to Adulthood. Hallowell & Ratey.
• **How to Live till Friday.** Gornik et al.
• **How to Reach and Teach Children with ADD/ADHD: Practical Techniques, Strategies and Interventions, 2nd Edition.** Rief.
• **Making the System Work for Your Child with ADHD: An Expert Parent’s Guide to Getting the Best Care.** Jensen.
• **Parenting Children With ADHD: 10 Lessons That Medicine Cannot Teach.** Monastra.
• **Practical Suggestions for ADHD.** Jones.
• **Straight Talk About Psychiatric Medications for Kids.** Wilens.
• **Taking Charge of ADHD. The Complete Authoritative Guide for Parents.** Barkley.
• **Teaching Teens with ADD and ADHD: A Quick Reference Guide for Teachers and Parents.** Zeigler Dendy.
• **The ADHD Book of Lists.** Rief.
• **The ADHD Workbook for Parents.** Parker.
• **The ADHD Handbook for Schools.** Parker.
• **The Disorganized Mind: Coaching Your ADHD Brain to Take Control of Your Time, Tasks and Talents.** Ratey.
• **Understanding and Managing Children’s Classroom Behavior.** Goldstein.
• **Your Hyperactive Child: A Parent’s Guide to Coping with Attention Deficit Disorder.** Ingersoll.

Helpful Web Resources, Support Organizations and Professional Associations:

• **AAP: American Academy of Pediatrics**
  - www.aap.org
• **ADDA: Attention Deficit Disorder Association**
  - www.add.org
• **ADD Resources**- Free articles, comprehensive list of web resources
  - www.addresources.org
• **APA: American Psychological Association**
  - www.apa.org
• **Attention Research Update Newsletter**
  - www.helpforadd.com
• **CHADD: Children and Adults with Attention Deficit Disorder**
  - www.chadd.org
• **Courage to Change- Catalog for Books, Games and other Resources**
  - www.CourageToChange.com
• **FDA: Food and Drug Administration- Info on Medications**
  - www.fda.gov
• **Healthy Place- online support and information**
  - www.healthyplace.com/communities/add
• **LDA: Learning Disability Association of America**
  - www.ldanatl.org
• **National Resource Center on ADHD**
  - www.help4adhd.org
• **Public Broadcasting Service- ADHD Demo**
  - www.pbs.org/wgbh/misunderstoodminds/attention
• **NIMH: National Institute of Mental Health**
  - www.nimh.nih.gov

For further questions or concerns, contact your Employee Assistance Program at:
(800) EAP-8764 or (315) 471-1361 or visit www.eap.comboces.org