

Books for Parents of ADHD children

Taking Charge of ADHD by Russell A. Barkley, Ph.D. Children with ADHD don't always respond to traditional discipline and parenting methods, and difficult symptoms can make whole families reach the end of their rope. In this straightforward book, Russell A. Barkley, Ph.D., offers an eight-step plan for proven parenting. Inside, you'll learn how to use positive attention, effective incentives, and calm consistency to manage ADHD symptoms — and reconnect with your child.

The Explosive Child by Ross Greene, Ph.D., introduces a paradigm for understanding children with ADHD, sensory processing challenges, oppositional defiant disorder, and similar conditions: When children misbehave, it's often because the demands of the situation exceed what they are developmentally able to handle. Greene teaches parents and children how to problem-solve together using his Collaborative & Proactive Solutions (CPS) method. The easy-to-follow book and system provide hope to parents, educators, and children.

Smart but Scattered Teens by Peg Dawson Ed.D. and Richard Guare Ph.D. provides step-by-step strategies to promote your teen's independence by building executive function skills: brain-based abilities needed to get organized, stay focused, and control impulses. The book's plan — assessing a teen's executive skills, using conflict-free tips to bolster them, and knowing when to fade parental supervision before they rebel — is clear and motivational. *Smart but Scattered Teens* is a must-read for any caregiver or educator determined to help grow the organizational, focus, planning, and motivational skills in teenagers.

Self-Reg: How to Help Your Child (and You) Break the Stress Cycle and Successfully Engage with Life by Stuart Shanker, Ph.D. No matter how difficult, out of control, distracted, or exhausted a child may seem, one thing is true: They aren't bad, explains Stuart Shanker, Ph.D. They just lack the self-regulation skills to manage their emotions and behaviors. In *Self-Reg*, Shanker lays out a five-step method to help caregivers better understand the "why" behind their child's behavior, how to respond to their needs, and what strategies will guide them to a calmer state of mind. Educators can implement the same techniques in classrooms.

What Your ADHD Child Wishes You Knew by Sharon Saline, Psy.D. Rather than dictate strict discipline instructions for parents of children with ADHD, the book focuses on becoming an empathetic communicator. She offers refreshing insights into the minds and feelings of children with ADHD and offers guidance for interpreting kids' verbal and behavioral communication. *What Your ADHD Child Wishes You Knew* promotes and powers parent-child collaboration. Saline's book provides a roadmap for reducing family stress and improving loving connections, while also enhancing cooperation, closeness, and productivity.

Understanding Girls with ADHD: How They Feel and Why They Do What They Do by Kathleen Nadeau, Ph.D.; Ellen Littman, Ph.D.; and Patricia Quinn, M.D. brings attention to the often-overlooked female experience of ADHD. This essential guidebook blends clinical examples, case studies, and research to clearly explain how ADHD manifests differently in girls and women. The book's strategies for addressing executive function deficits, recognizing comorbid conditions, and advocating for gender-specific treatment will equip and empower readers to better support — and understand — girls and women with ADHD.

ADHD Is Our Superpower by Soli Lazarus. Most children with ADHD will recognize themselves in the characters of *In ADHD Is Our Superpower* — and the challenges they face. However, author Soli Lazarus reframes the view of ADHD symptoms as weaknesses and, instead, describes how traits, such as hyperfocus, impulsiveness, and others, are strengths that unlock advantages. Children will relate to the characters and be empowered by their self-advocacy. For example, characters illustrate how to ask teachers for help by asking for visual aid, creating calm spaces, etc. Bonus content for adults includes resources and tips for supporting children with suspected or diagnosed ADHD at home or in the classroom.

Teaching Twice-Exceptional Learners in Today's Classroom by Emily Kircher Morris. While our understanding of twice exceptional (2e) learners has improved, many educators still lack the tools to recognize and support their gifted neurodivergent students. *Teaching Twice-Exceptional Learners in Today's Classroom* by Emily Kircher Morris fills this void. Topics, such as identifying and understanding 2e students, strength-based instruction, and executive functioning skills, like motivation and self-regulation, round out the first part of the book. The second part discusses how comorbidities, such as learning differences, ADHD, autism spectrum disorder (ASD), anxiety, and other conditions, affect gifted students. This insightful and informative book will equip educators to better advocate, understand, and support their 2e students.

Wonderfully Wired Brains: An Introduction to the World of Neurodiversity by Louise Gooding. *Wonderfully Wired Brains* breaks down the complexity of brain science into easily digestible bites, making the topic accessible and exciting for readers. This encyclopedia-style reference book is jam-packed with tidbits of history and science, plus colorful illustrations. Author Louise Gooding debunks many myths and stereotypes about neurodivergent brains and provides readers with the language to explain how and why different brains make people think, act, and learn the way they do. Sections on 'brilliant brains in history' and 'wonderfully wired people,' will further educate readers and foster discussions about what neurodivergence means.

The Out-of-Sync Child by Carol Stock Kranowitz. Sensory processing disorder (SPD) manifests in many small, sometimes maddening ways. Itchy tags may be unbearable. Loud music intolerable. Perfume simply sickening. Whatever the symptoms, SPD makes it difficult to interact with your daily environment, which impacts how you relate to others, study and learn, participate in sports and group activities, and follow your dreams. In *The Out-of-Sync Child*, Carol Stock Kranowitz offers first-person accounts of life with SPD, outlines concrete strategies for teachers, parents, and children to implement together, and provides a unique perspective: that SPD might in fact be a gift.

The Complete Guide to Special Education 3rd Ed. by Linda Wilmshurst and Alan Brue is a comprehensive resource outlines the individualized education programs (IEP) process step-by-step, from the initial testing to annual checkups. It includes valuable worksheets, checklists, and sample forms for parents or teachers to use, making the special education process easier for everyone involved and ensuring children get the best help possible. The newly revised second edition includes up-to-date coverage on testing procedures, autism spectrum disorder, and more.

8 Keys to Parenting Children with ADHD by Cindy Goldrich, Ed.D. helps us understand why our kids need to chew gum while practicing piano or squish a stress ball while working on homework makes a big difference in establishing realistic expectations, rewarding positive behavior, and advocating on our kids' behalf. In **8 Keys to Parenting Children with ADHD**, Cindy Goldrich, Ed.D., ADHD-CCSP focuses on developing and strengthening effective interpersonal skills in both parents and children as a way to improve conflict resolution, reduce chaos, and build self-esteem. It's an invaluable resource for parents and educators.

A New Understanding of ADHD in Children and Adults by Thomas E. Brown, Ph.D., presents a new, broader definition of ADHD, which recognizes executive function impairments as the true underpinnings of the disorder, and demonstrates how this “new understanding” is more accurate than the symptoms-driven diagnostic criteria in the DSM-V. Brown’s book is relevant for both adults with ADHD and parents of children with the disorder. He busts myths about the condition, addresses new causes and treatments, and makes it easy for a layperson to understand ADHD research.

The Misunderstood Child by Larry Silver, M.D., provides readers with an inside look at what life is like for children with learning differences—like ADHD, dyslexia, or dyscalculia. From the genetics of learning disabilities to neurological research, Silver presents a well-rounded resource to help parents and teachers better understand their children or students and become effective advocates for them in school and life.