

## BOOKS FOR PARENTS

- **Taking Charge of ADHD, Third Edition: The Complete, Authoritative Guide for Parents**  
by Russell Barkley.
- **Mindful Parenting for ADHD: A Guide to Cultivating Calm, Reducing Stress, and Helping Children Thrive**  
by Mark Bertin, M.D.
- **Smart but Scattered: The Revolutionary “Executive Skills” Approach to Helping Kids Reach Their Potential**  
by Peg Dawson and Richard Guare.
- **Smart but Scattered Teens: The “Executive Skills” Program for Helping Teens Reach Their Potential**  
by Richard Guare, Ph.D., Peg Dawson, Ed.D. and Colin Guare
- **Focused: ADHD & ADD Parenting Strategies for Children with Attention Deficit Disorder** by Blythe Grossberg, Psy.D.
- **Raising Boys with ADHD: Secrets for Parenting Healthy, Happy Sons** by James Fogan, Ph.D. and Mary Anne Richey.
- **Understanding Girls with ADHD, Updated and Revised: How They Feel and Why They Do What They Do** by Kathleen Nadeau, Ph.D., Ellen Littman, Ph.D. & Patricia Quinn, M.D.
- **100 Questions & Answers About Attention Deficit Hyperactivity Disorder (ADHD) in Women And Girls**  
by Patricia O. Quinn, M.D.
- **ADHD and College: Seven Steps to Success For College Bound ADHD Students and Their Families** by Dr. Paul Nevin.

## BOOKS FOR PATIENTS

- **The Survival Guide for Kids with ADHD**  
by John F. Taylor, Ph.D.
- **Journal of an ADHD Kid: The Good, the Bad, and the Useful**  
by Tobias Stumpf.
- **The ADHD Workbook for Kids: Helping Children Gain Self-Confidence, Social Skills, and Self-Control**  
by Lawrence Shapiro, Ph.D.
- **Attention, Girls!: A Guide to Learn All About Your AD/HD**  
by Patricia Quinn, M.D.
- **The Work-Smart Academic Planner, Revised Edition: Write It Down, Get It Done**  
by Peg Dawson, Ed.D. and Richard Guare, Ph.D.
- **The ADHD Workbook for Teens: Activities to Help You Gain Motivation and Confidence**  
by Lara Honos-Webb, Ph.D.
- **Mindfulness for Teens with ADHD: A Skill-Building Workbook to Help You Focus and Succeed**  
by Debra Burdick, LCSW.

## ORGANIZATIONS & OTHER RESOURCES

- **Navigate Life Texas**  
[www.navigatelifetexas.org](http://www.navigatelifetexas.org) Local resource for parents of children with various disabilities. Provides comprehensive information about student’s educational rights and information on creating IEP/504 Plans.
- **Parents Helping Parents**  
<http://www.php.com> Provides free educational material, a monthly newsletter, assistive technology information, consultation with educational specialists, and parent support groups for families of individuals with special needs.
- **Texas Parent to Parent**  
[www.txp2p.org](http://www.txp2p.org) Provides parent conferences, a parent mentorship program, and an advocacy network for families.
- **Think: Kids at Massachusetts General Hospital**  
[www.thinkkids.org](http://www.thinkkids.org) Offers an online blog and training videos to help parents of children with behavioral issues.
- **Children and Adults with Attention Deficit/Hyperactivity Disorder**  
(CHADD) [www.chadd.org](http://www.chadd.org) Provides a plethora of educational resources on ADHD for parents (research, webinars, blogs), advocacy services, and monthly local meetings for parents
- **Khan Academy**  
(free online academic instruction for all grades and subjects)  
[www.khanacademy.org](http://www.khanacademy.org)