

Resources for Parenting Children with ADHD

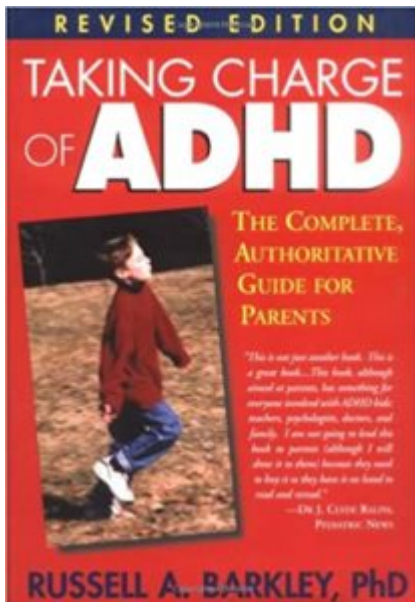
It is hard work being the parent of a child with ADHD. Not only is it tiring, it also presents a different set of challenges that most people do not recognize. If you have struggled with parenting your child with ADHD, we strongly recommend that you find time to read or listen to one or more of these books.

Compiled below is a list of resources for parents of children with Attention-Deficit/Hyperactivity Disorder (ADHD). Written by researchers, clinicians, doctors, psychologists, and teachers, these books aim to help parents better understand their children and how to support them as they navigate life with ADHD. These books do not focus on “fixing” children with ADHD but on empowering parents so they can provide their children with the confidence they need to lead the most successful social, academic, and independent lives.

~South County Child and Family Consultants~

[Taking Charge of ADHD: The Complete, Authoritative Guide For Parents](#)

By Russell A. Barkley, PhD



Amazon review: *A treasured parent resource since its publication, Taking Charge of ADHD provides authoritative information on ADHD and its treatment. From internationally renowned ADHD expert Russell A. Barkley, the book empowers parents by arming them with the knowledge, expert guidance, and confidence they need. Included are:*

**A step-by-step plan for behavior management that has helped thousands of children.*

**Current information on medications, including coverage of Strattera and extended-release stimulants.*

**Strategies that help children succeed at school and in social situations.*

**Advances in research on the causes of ADHD.*

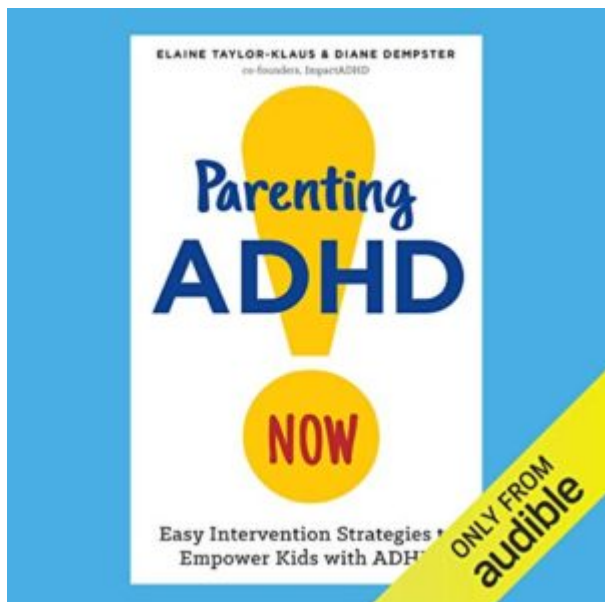
**Practical advice on managing stress and keeping peace in the family.*

**Descriptions of books, organizations, and Internet resources that families can trust.*

Dr. Kulman's Take: Written by the authority on ADHD. this book has been updated by Dr. Barkley.

[Parenting ADHD Now!: Easy Intervention Strategies to Empower Kids with ADHD](#)

By Elaine Taylor-Klaus and Diane Dempster



Amazon review: *In Parenting ADHD Now! Diane and Elaine combine their practical know-how and professional expertise to offer immediate, actionable strategies you can use to guide and support your ADHD child compassionately and effectively. The material presented in this book is grounded in three main concepts:*

**Apply the Coach-Approach to Parenting – This unique method gives you permission to pay attention to yourself, build up your own confidence and self-esteem, and apply these tools when working with your child with ADHD.*

**Use Real, Practical Strategies – Learn to effectively navigate the complex terrain of ADHD, confidently minimize ADHD-related stress in your family, and foster your child's independence.*

**Focus on the Parent – This is not about “fixing” your ADHD child. This is about shifting your focus inward and empowering*

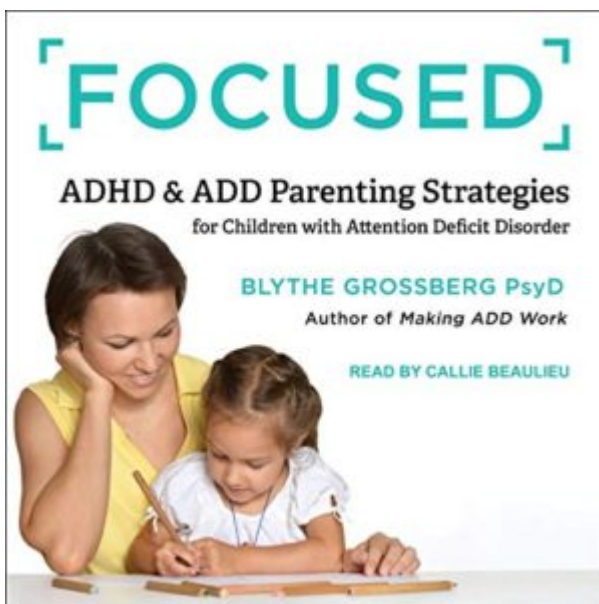
yourself so that you can empower your child as they navigate life with ADHD.

You can dramatically improve life for your child with ADHD. With Parenting ADHD Now! you will learn to set healthy limits, find compassion and acceptance, change your habits, laugh instead of cry, understand instead of yell, and thrive instead of just survive.

Dr. Kulman's Take: Written by my friends Elaine and Diane, this book is a wonderful resource for parents that teaches them how to parent kids with ADHD and take care of themselves. There is also great online coaching that many parents of kids with ADHD will find worthwhile at ImpactADHD.com.

Focused: ADHD & ADD Parenting Strategies for Children with Attention Deficit Disorder

By Blythe Grossberg



Amazon review: *Written by an expert with over 15 years of experience in treating adult ADHD and ADHD in children,*

Focused offers essential information to empower parents and provide immediate assistance. Learn to uncover your child's considerable strengths and work around their obstacles with concrete, actionable strategies that improve executive functioning, support emotional development, and promote positive behavior.

**A concise overview of attention deficit disorder in children and their different treatment options*

**Over 40 parenting strategies targeting common ADHD challenges like hyperactivity and inattention*

**Modification tips for adapting strategies to your child's unique needs*

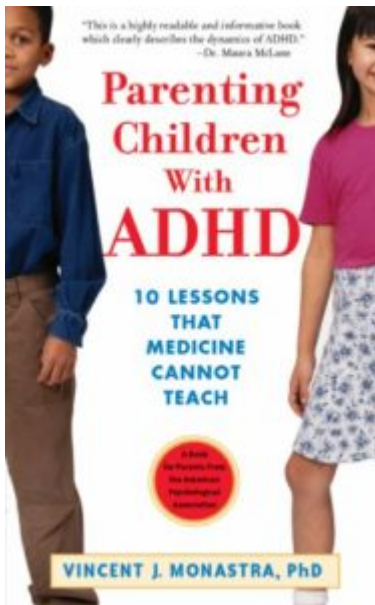
**Helpful tools like a quiz and worksheets to supplement your ADHD treatment plan*

**Valuable parenting principles and advice for becoming your child's best advocate*

Dr. Kulman's Take: Many strategies to try with your kids with ADHD.

[Parenting Children With ADHD: 10 Lessons That Medicine Cannot Teach](#)

By Vincent J. Monastra

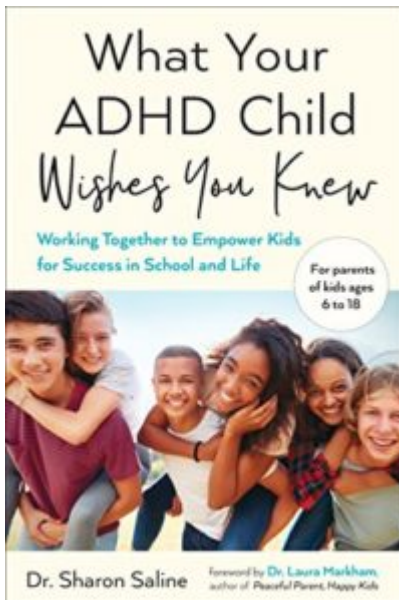


Amazon review: *Children with ADHD struggle so much with inattention or hyperactivity and impulsivity that they have trouble succeeding at home, at school, with friends, or on the playing field. Arranged in a series of lessons to be taken “one at a time,” this book shows how you can become your child’s best advocate, helping to improve attention, behavioral control, and social skills. Updates to this edition include information on new diagnostic tests, medications, and treatments; tips to help your school district create a safe for your child; and a new chapter on teaching life values, such as generosity and kindness.*

Dr. Kulman’s Take: A pragmatic look at ADHD. Dr. Monastra has years of experience working with parents of kids with ADHD.

[What Your ADHD Child Wishes You Knew: Working Together to Empower Kids for Success in School and Life](#)

By Dr. Sharon Saline



Amazon review: *You've read all the expert advice, but despite countless efforts to help your child cope better and stay on track, you're still struggling with everyday issues like homework, chores, getting to soccer practice on time, and simply getting along without pushback and power struggles.*

What if you could work with your child, motivating and engaging them in the process, to create positive change once and for all? In this insightful and practical book, veteran psychologist Sharon Saline shares the words and inner struggles of children and teens living with ADHD—and a blueprint for achieving lasting success by working together. Based on more than 25 years of experience counseling young people and their families, Dr. Saline's advice and real-world examples reveal how parents can shift the dynamic and truly help kids succeed.

Dr. Kulman's Take: Written by my friend Sharon, the book provides wonderful insights into the real lives of parents and kids with ADHD. Sharon is a great story teller, and her observations pave the way to help make real changes.

[Your Kid's Gonna Be Okay: Building the Executive Function Skills Your Child Needs in the Age of Attention](#)

By Michael Delman



Amazon review: *Do you do too much for your kid out of fear they will never make it in the world without your oversight? Are you frustrated or worried about your 'tween, teen, or young adult who seems lazy or unmotivated? Do you see your child unable to reach their potential because they are disorganized, scattered, and can't manage their time?*

In Your Kid's Gonna Be Okay: Building the Executive Function Skills Your Child Needs in the Age of Attention, Michael Delman tackles the big worries that keep parents awake at night. In a conversational tone informed by deeply-rooted expertise, Delman illustrates how to connect meaningfully with your child and encourage habits that lead to success in school – and in life.

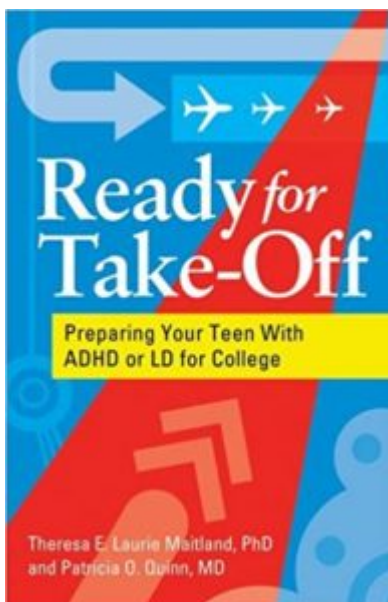
Your Kid's Gonna Be Okay helps parents understand the critical skills needed for effective self-management and provides specific strategies and tools to help kids become motivated, accountable, and independent. Through engaging stories that

illustrate how we all build Executive Function skills, Delman demonstrates how kids can change their habits as they pave their own path toward competence today and confidence in their future. Parents of kids with ADHD or other learning differences – or parents worried about how their child can manage distractions will benefit from Delman’s experience as an educator, an [Executive Function coach](#), and as a parent.

Dr. Kulman’s Take: Written by my friend Michael, this book helps parents understand the critical skills needed for effective self-management and provides specific strategies and tools to help kids become motivated, accountable, and independent.

[Ready for Take-Off: Preparing Your Teen With ADHD or LD for College](#)

By Theresa E. Laurie Maitland and Patricia O. Quinn



Amazon Review: *In today’s world, getting accepted to college is only half of the battle. Staying in there is another matter altogether. And for students with ADHD or learning disabilities, staying, thriving, and graduating from college*

can be very challenging even for the most academically prepared students.

Using college readiness surveys and handy worksheets, Ready for Take-Off teaches you how to promote self-determination, academic, and daily living skills in your teen—skills needed to succeed in college and in life. Inside you will learn to:

**evaluate your parenting approach and adjust to a coaching style;*

**identify skills your teen needs to develop to successfully transition to college;*

**learn how to have empowering conversations with your teen*

**create a readiness plan to allow your teen to slowly and systematically get ready for college.*

With this guide, you will become skilled at coaching and boost your teen's college readiness. So, let's go! Are you ready for take-off?

Dr. Kulman's Take: One of the few books written about teens and young adults, this is a worthwhile resource to promote independence.

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