

# Navigating the Teen Years with ADHD: Essential Reads and Resources

If you're the parent of a teen who was recently diagnosed with ADHD, finding the right way to discuss it can be crucial. A helpful approach is to normalize the condition. Exploring stories of other teenagers, whether through fiction or real-life accounts, can be beneficial. Even if your teen isn't an avid reader, you might discover that reading together or focusing on specific sections of a book can be engaging and informative.

Below is a selection of books specifically tailored for teenagers with Attention-Deficit/Hyperactivity Disorder (ADHD). Navigating high school, forging friendships, and sustaining healthy family dynamics are complex during the teenage years, and ADHD can introduce extra hurdles in these areas. These books are designed to assist teens in grasping the nature of ADHD, recognizing what it's like to live with this condition, and exploring strategies to manage ADHD with confidence and self-care.

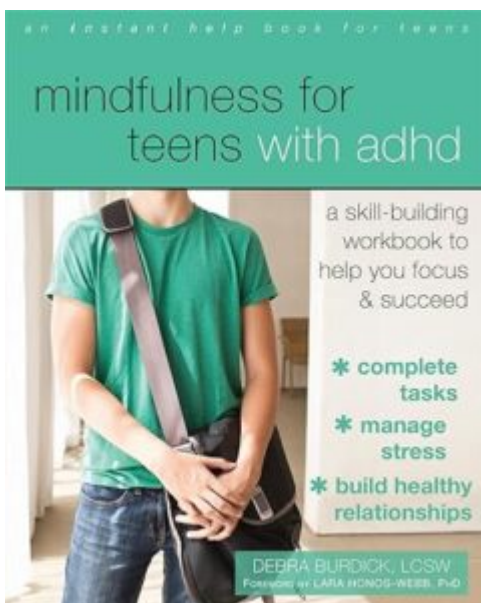
Understanding the scientific, biological, and psychological aspects of ADHD is essential, and educational resources are key in this educational journey. At South County Child and Family, our experts have curated an enlightening collection of books that delve into both expert insights and personal experiences with ADHD. These resources are crafted to educate and support students, parents, and educators by providing practical strategies for coping with and managing the intricacies of ADHD. By engaging with our handpicked selection

of books, teens can learn more about ADHD and find effective ways to tackle its challenges.



The number of books and resources addressing ADHD for teenagers and young adults is disappointingly sparse, especially considering their growing need for autonomy, decision-making prowess, and study techniques. The books listed here offer insights into how to handle ADHD during the tumultuous teenage years and beyond, as young adults.

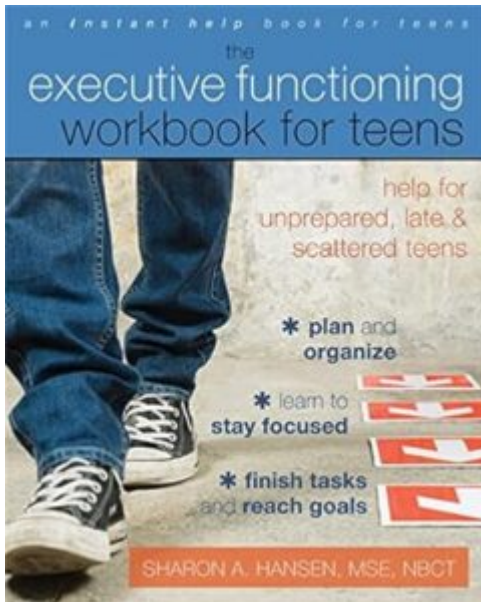
5 books for teens to help them learn about and cope with their ADHD:



1. ["Mindfulness for Teens with ADHD: A Skill-Building Workbook to Help You Focus and Succeed"](#) by Debra Burdick

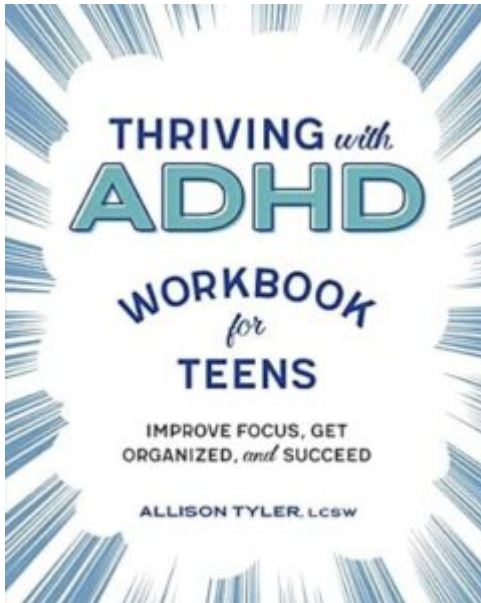
(2017)

This workbook offers teens with ADHD mindfulness-based techniques to enhance focus, manage stress, and improve emotional regulation. Its publication in 2017 ensures that the content is current and relevant for today's teens.



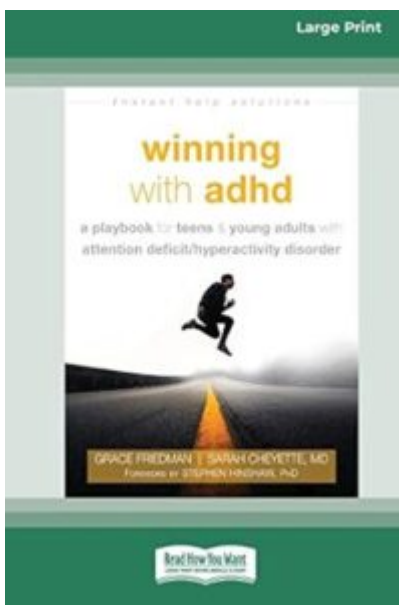
2. ["The Executive Functioning Workbook for Teens: Help for Unprepared, Late, and Scattered Teens"](#) by Sharon A. Hansen (2013)

Despite being on the cusp of the 10-year mark, this workbook remains a valuable resource for teens struggling with executive function challenges related to ADHD. It provides actionable advice and exercises to help teens become more organized and effective in their daily lives.



3. [“Thriving with ADHD Workbook for Teens: Improve Focus, Get Organized, and Succeed” by Allison Tyler \(2019\)](#)

This interactive workbook, published in 2019, is filled with activities designed to help teens with ADHD improve their organizational skills, focus, and overall success in life’s various arenas, including academic and social settings.



4. [“Winning with ADHD: A Playbook for Teens and Young Adults with Attention Deficit/Hyperactivity Disorder” by Grace Friedman and Sarah Cheyette M.D. \(2020\)](#)

Authored by a young adult with ADHD and a pediatric neurologist, this 2021 book offers a collection of tips and

strategies that are easy to implement. It's designed to help teens with ADHD organize their lives, stay on track, and accomplish their tasks more efficiently.

In conclusion, there are a variety of recent books available that offer valuable insights and practical strategies for teens and college students with ADHD. These resources, published within the last five years, cater to the unique challenges faced by young people navigating high school, college, and the transition into adulthood with ADHD. From workbooks filled with exercises to guides on leveraging ADHD to one's advantage, each book provides a different perspective and toolkit that can empower teens and young adults to manage their symptoms and harness their strengths. Whether you're a student seeking to improve focus and organization or looking for ways to advocate for yourself in an educational setting, these books are a testament to the growing understanding and support for individuals with ADHD in their journey toward success.

For those seeking additional support and resources, South County Child and Family Consultants offer a wealth of information and expertise on ADHD. By visiting their website, you can access a curated selection of books and materials, connect with knowledgeable specialists, and find tailored advice to help you or your teen navigate the complexities of ADHD. Whether you're looking for strategies to improve daily life, educational accommodations, or simply to understand ADHD better, South County Child and Family Consultants is an invaluable resource for empowering individuals and families affected by ADHD.