

Resources for Parents of Teens with ADHD

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You've seen your teen struggle to stay focused, manage impulses, or juggle school, social, and home responsibilities, and you may have spent hours searching for answers, second-guessing yourself, and wondering if you're doing enough. Parenting a teen with ADHD comes with unique challenges, and finding clear, trustworthy information shouldn't make it harder. That's why we put this together. This article is designed to help parents better understand their teen's ADHD and discover practical ways to support them at home, at school, and beyond. Consider it a one-stop resource hub, vetted by professionals and built around what truly helps families navigate the tough days and celebrate the wins. Keep an eye out for our companion article, which will offer tools, strategies, and resources specifically for teens to use themselves.

Websites & Online Hubs

- [CHADD.org](https://chadd.org) (Children and Adults with Attention-Deficit/Hyperactivity Disorder)

CHADD is one of the largest national nonprofits dedicated to ADHD, and its website offers extensive information to help families better understand ADHD, its impact, and how to support their children. One of its primary resources is the free [Parent-to-Parent Program](#), which provides foundational education on many aspects of

ADHD and is widely recognized as an excellent starting point for families navigating a new diagnosis. CHADD also offers resources that help connect parents and children with local supports.

- **ADDitude Magazine** (additudemag.com)

ADDitude offers an extensive library of free downloadable resources for parents, covering discipline strategies, positive parenting techniques, treatment management, school resources, and more. Their expert webinar archive alone is worth bookmarking, along with their ebooks and newsletter.

- **Child Mind Institute** (childmind.org/topics/adhd-attention-problems)

The Child Mind Institute provides expert-backed, practical information for parents covering everything from ADHD symptoms and diagnosis to treatment options and coping strategies. They also address common misdiagnoses and how ADHD presents differently across ages and genders.

- **Understood.org**

Understood is a comprehensive resource with a strong focus on children, young adults, and families, covering ADHD symptom management, school accommodations, and strategies for building supportive home environments.

- **CDC ADHD Resource Center** (<https://www.cdc.gov/adhd/index.html>)

The CDC funds the National Resource Center on ADHD through CHADD, offering free fact sheets, infographics, educational videos, and a podcast series covering a wide range of topics for families dealing with ADHD.



Podcasts

- **The ADHD Parenting Podcast** | Available on [Apple Podcasts](#) and [Spotify](#)

This podcast delivers practical, evidence-informed strategies for reducing conflict, strengthening routines and emotional regulation, supporting school success, and helping kids with ADHD build independence and confidence. It is hosted by Ryan Wexelblatt, LCSW, founder of ADHD Dude, and Mike McLeod, SLP, an executive function specialist.

- **ADHD Experts Podcast by ADDitude Magazine** (additudemag.com/adhd-expert-webinars-index)

This podcast features leading experts in the ADHD field in an interactive, webinar-style format, addressing questions from parents of children with ADHD on topics ranging from symptoms and parenting strategies to school accommodations.

- **Beautifully Complex: Navigating Neurodiverse Parenting** | Available on [Apple Podcasts](#) and [Spotify](#)

Hosted by parenting coach and ADHD mom Penny Williams, this podcast offers compassionate, real-world guidance for parents raising kids with ADHD. Penny draws from her own experience parenting children with ADHD, making it especially relatable for families navigating similar

challenges.

- **Soaring Child: Thriving with ADHD** | Available on [Apple Podcasts](#) and [Spotify](#)

This podcast helps parents address their child's ADHD symptoms naturally, bringing calm and balance back to the home. Hosted by Dana Kay, board-certified health and nutrition practitioner, bestselling author, and mother of a child with ADHD, she shares practical strategies to help kids thrive at home, at school, and in life.

Apps

- **Understood App** (understood.org/en/app)

The Understood app is a behavior tracker developed by psychologists for parents of kids with ADHD. Parents can log their child's challenging behaviors to receive personalized insights, learn new strategies rooted in cognitive behavioral therapy (CBT), and track progress over time. It is free and available on iOS and Android.

YouTube Channels & Online Video

- **ADHD Dude** (Ryan Wexelblatt, LCSW) | [ADHDDude YouTube Channel](#)

Created by licensed clinical social worker Ryan Wexelblatt, ADHD Dude focuses on evidence-based strategies for parents raising children with ADHD, covering social skills, emotional regulation, arguments, defiance, and school success.

- **Understood on YouTube** | [Understood's YouTube Channel](#)
This channel shares practical strategies for ADHD symptom management and building supportive environments, with inclusive and accessible content designed for parents and caregivers.

- **Children's National Hospital ADHD Video Library** | childrensnational.org (search: ADHD resources)
Children's National Hospital's ADHD and Learning Differences Program has developed a library of videos and handouts for families, covering what ADHD looks like, how it impacts learning, and how to manage it at home and school.