ADD/ADHD

Tips for Parents:

- Educate yourself about attention and ADHD
- Channel your child's energy into positive arenas and physical activity
- Stay calm
- Advocate for your child
- Make sure your child is getting enough sleep
- Help your child eat right
- Believe in your child
- Be willing to compromise
- Take breaks
- Follow a routine
- Create a quiet place for your child
- Set clear expectations and rules
- Set reasonable consequences for rule breaking
- Use praise and positive reinforcement
- Be persistent
- Focus on your child's strengths
- Fidgets: having an item that doesn't bother others can help sustain attention
- Focus on social skills

Websites on ADD/ADHD

1) https://www.chadd.org/ (Children and Adults with Attention-Deficit/Hyperactivity Disorder
2) http://www.aacap.org/ (American Academy of Child and Adolescent Psychiatry)
3) http://www.helpguide.org/mental/adhd_add_parenting_strategies.htm
4) http://www.nimh.nih.gov/index.shtml
5) http://www.childmind.org/
6) http://www.additudemag.com/

Books for Parents

1) *Overcoming ADHD: Helping Your Child become Calm, Engaged and Focused – Without a Pill* by Stanley Greenspan
2) *ADHD Helping Parents Help Their Children* By Edward Jacobs

3) *From Chaos to Calm: Effective Parenting for Challenging children with ADHD* by Janet Heininger and Sharon Weiss
4) *Organize your ADD/ADHD Child: A Practical Guide for Parents* by Cheryl Carter
5) *ADHD in the Young Child: Driven to Re Direction a book for Parents* By Cathy Reimers and Bruce Brunger
6) *The Science of ADHD: A Guide for Parents and Professionals* by Chris Chandler
7) *The ADHD Workbook for Parents: A Guide for Parents of Children with ADHD* Harvey Parker
8) *The ADHD Book: Answers to Parents most pressing questions* by Beth Ann Hill and James Van Haren

Books on ADHD for Children

1) *Why Can't Jimmy Sit Still? Helping Children Understand ADHD* By Sandra Tunis
2) *I can't sit still! Living with ADHD* by Pamela Pollack and Meg Bellviso
3) *I Know Someone with ADHD* By Elizabeth Raum
4) *Learning to Slow Down and Pay Attention a book for kids about ADHD* By: Kathleen Nadeau
5) *It's Hard to be a Verb!* By Julia Cook
6) *My Friend has ADHD* By Amanda Doering Tourville