



Az Family Life Counseling & Coaching

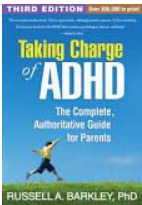
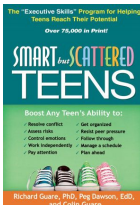
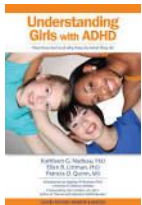
ADHD | Academic | Behavior | Confidence

Fantastic Resources

Websites

- www.CHADD.org - Children and Adults with Attention Deficit Disorder - I highly recommend becoming member of CHADD.
- www.additudemag.com - ADDitude Magazine - This magazine was created by CHADD. Sign up for the newsletters and check out the expert podcasts.
- www.psychcentral.com - Psychology Today - Articles and information about every psychological topic under the sun.
- www.addwarehouse.com - toys, fiddlers, timers and other doodads.
- www.add.org - (ADDA) Attention Deficit Disorder Association is a parent support association.

Books

			
<p><i>Taking Charge of ADHD: The Complete Authoritative Guide for Parents</i> by Russell A. Barkley, PhD</p>	<p><i>Smart but Scattered.</i> By Richard Guare, PhD, Peg Dawson, EdD, and Colin Guare</p>	<p><i>Smart but Scattered Teens.</i> By Richard Guare, PhD, Peg Dawson, EdD, and Colin Guare</p>	<p><i>Understanding Girls with ADHD.</i> By Ellen Littman, Kathleen M. Nadeau, and Patricia O. Quinn</p>

Other Books:

- *More Attention, Less Deficit: Success strategies for adults with ADHD.* By Ari Tuckman
- *Straight Talk About Psychiatric Medication for Kids.* By Timothy Wilens
- *Super Parenting for ADHD.* By Edward M. Hollowell, M.D. and Peter S. Jensen, M.D.
- *Late, Lost, and Unprepared.* By Joyce Cooper-Kahn, Ph.D. & Laurie Dietzel, Ph.D.

You Tube Videos

- ADD & Loving It?! (2009)
- ADHD: Essential Ideas for Parents - Dr. Russell Barkley
- The most important lesson from 83,000 brain scans | Daniel Amen | TEDxOrangeCoast
- How to Know If You Have ADHD By: How to ADHD
- ADHD in Girls: How to Recognize the Symptoms