

ADHD Book Resources

To Explain ADHD to your child

What Were You Thinking? Helping Kids 6-9 Learn to Control Impulses: Bryan Smith

My Brain Needs Glasses: ADHD Explained to Children: By Annick Vincent

My Mouth is a Volcano: A picture Book About Interrupting: Julia Cook

A Drago with ADHD: By Steve Herman

My Whirling Twirling Motor By: Merriam Sarcia Saunders

My Brain is a Racecar By: Nell Harris

ADHD Books to Support Parenting

Whole Brain Child. By: Daniel Siegel, MD and Tina Payne Bryson

No Drama Discipline By: Tina Payne Bryson and Daniel Siegel, MD

Out of Sync Child By: Carol Stock Kranowitz

1-2-3 Magic. By: Thomas Phelan

Brain Body Parenting: Mona Delahooke, PhD

Beyond Behaviors By: Mona Delahooke, PhD

ADHD Books for Adults

Driven to Distraction By: Edward Hallowell

Delivered from Distraction By: Edward Hallowell

Taking Charge of Adult ADHD By: Russel Barkley