

ADHD RESOURCES

01 Books & Guides



For Parents:

- The Explosive Child – Dr. Ross Greene
- Taking Charge of ADHD – Dr. Russell Barkley
- Parenting Children with ADHD – Vincent Monastra

For Kids:

- What to Do When You're Scared and Worried – James Crist
- My Whirling, Twirling Motor – Merriam Sarcia Saunders

02 Tools & Activities

- TherapistAid.com – Free worksheets for behavior, focus, emotions
- ChildMind.org – Routine builders & strategies
- GoNoodle – Movement videos for focus breaks
- Breathe, Think, Do – Emotional regulation (great for younger kids)
- ClassDojo – Track progress and communicate with teachers

03 Support for Parents

- CHADD Parent to Parent Program
 - chadd.org/for-parents
- Triple P Parenting Program
 - triplep-parenting.com
- Facebook Groups:
 - ADHD Parenting Support
 - ADHD Kids Support Group

04 Daily Tools & Coping Skills

- Sensory bins & fidget tools
- Visual schedules & timers
- Role-play for social/emotional learning
- Request a 504/IEP for school accommodations

♥ You're not alone. Small, consistent steps make a big difference.
📞 Questions or need more support? Reach out to an ADHD expert at Thrive Counseling Center.