Parenting Healthy Preteens ADHD Resources

Videos and Documentaries

- How to ADHD
- Failing at Normal: An ADHD Success Story
- ADHD Explained
- The Disruptors

Websites

- Managing ADHD
- What is ADHD?
- Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)
- Understood.org
- ADDitude Magazine
- 5 Research Based Strategies for Overcoming Procrastination
- Understanding And Overcoming Procrastination

Podcasts Sites (Or on your favorite podcast app)

- ADHD Decoded
- ADHD Experts
- ADHD Essentials
- ADHD Rewired
- ADHD Support Talk Radio
- More Attention, Less Deficit
- Taking Control
- Translating ADHD

ADHD Resources
...continued

Books

- *The ADHD Advantage* —Dr. D. Archer
- *Attention Deficit Disorder: The Unfocused Mind in Children and Adults* —Dr. T. Brown
- *Driven to Distraction, Revised* —Dr. E. Hallowell
- *Smart But Stuck: Emotions in Teens and Adults with ADHD* —Dr. T. Brown
- *Attention Deficit Disorder: The Unfocused Mind in Children and Adults* —Dr. Thomas Brown
- *Conquering Chronic Disorganization* —Judith Kolberg
- *PROCRASTINATION WORKBOOK: Evidence-Based Strategies to End Procrastination, Accept Yourself, and Achieve Your Goals* —Antonio Matteo Bruscella
- *Thriving with ADHD Workbook for Kids: 60 Fun Activities to Help Children Self-Regulate, Focus, and Succeed* —Kelli Miller, LCSW
- *Getting Ahead of ADHD: What Next-Generation Science Says about Treatments That Work—and How You Can Make Them Work for Your Child* —Joel T. Nigg