

RECOMMENDED ADHD AND PARENTING BOOKS AND RESOURCES ABOUT

ADHD BOOKS

[*ADHD 2.0: New Science and Essential Strategies for Thriving with Distraction—from Childhood through Adulthood*](#) by Edward Hallowell and John Ratey
[*Parenting ADHD with Wisdom and Grace*](#) by Tish Taylor
[*Smart but Scattered: The Revolutionary "Executive Skills" Approach to Helping Kids Reach Their Potential*](#) by Peg Dawson and Richard Guare
[*Taking Charge of ADHD: The Complete, Authoritative Guide for Parents \(Fourth Edition\)*](#) by Russell A. Barkley PhD
[*Understanding Girls with ADHD, Updated and Revised: How They Feel and Why They Do What They Do*](#) by Kathleen Nadeau, Ellen Littman, and Patricia Quinn
[*Your Kid's Gonna Be Okay: Building the Executive Function Skills Your Child Needs in the Age of Attention*](#) by Michael Delman

GENERAL BOOKS

[*Brain-Body Parenting*](#) by Mona Delahooke
[*The Extended Mind: The Power of Thinking Outside the Brain*](#) by Annie Murphy
[*What am I Feeling?*](#) by John Gottman PhD and Talaris Research Institute (for younger children)
[*Brainstorm: The Power and Purpose of the Teenage Brain*](#) by Daniel J. Siegel
[*How to Talk so Your Child Will Listen and How to Listen so Your Child Will Talk*](#) by Adele Farber and Elaine Mazlish
[*The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind*](#) by Daniel J. Siegel and Tina Payne Bryson
[*From Surviving to Vibing: Filling in the Gaps*](#) by Dr. Caroline Danda and Carron Montgomery

BOOKS FOR KIDS

[*Be Where You're Feet Are*](#) by Julia Cook
[*All Dogs Have ADHD*](#) by Kay Hoopman
[*Attention Girls: A Guide to Learn All About Your ADHD*](#) by Patricia Quinn
[*The Boy, The Mole, The Fox and The Hound*](#) by Charlie Mackesy (now on Apple TV too)
[*Dear You, Love From Your Brain*](#) by Karen Young
[*Your Fantastic Elastic Brain*](#) by JoAnn Deak, PhD
[*My Fantabulous Brain*](#) by Julia Cook
[*Pause Power*](#) by Jennifer Law

WEBSITES & PODCASTS

[Raising Good Humans](#) Dr. Aliza Pressman

[Let's Talk Kids Health](#) ADHD info for parents and courses for kids and parents to take together

[ADHD Real Talk Podcast](#)

[Learn with Dr Emily](#): information about how neurodivergent children develop, play, and learn

[How to ADHD](#): tips, tricks and insights into the ADHD brain in fun YouTube Videos

[Hey Sigmund](#) (all about anxiety)

[Ask Lisa](#) Podcast : The Psychology of Parenting

[The Child Mind Institute](#)

VIDEOS FOR KIDS

Just Breathe: <https://www.youtube.com/watch?v=RVA2N6tX2cg>

Sync Your Breathing: <https://www.youtube.com/watch?v=aXltOYOslRY>

[Melting Exercise \(Go Noodle\)](#)

INVOLVE THE SENSES REGULATION IDEAS

[TouchPoints](#) (use referral code DANDA for a discount)

[Kwik Stix Tempura Paint Markers](#) (smooth, regulating, dries in 90 seconds)

[Calm Strips](#) (touch, trace, scratch for soothing texture and rhythm)

[Worry Stone](#) (smooth, cool, rhythmic)

[NeeDoh](#) Stress Ball

[Sweet Streams Lavender](#) (organic, use LAVLOVERS10 for discount)

[Simple Dimple](#) fidget

[Fingears Magnetic Rings](#)

[PinchMe Dough](#) (the lockets are awesome because they are portable)

CARDS AND GAMES TO PROMOTE CONVERSATION

Just Between Us [Cards](#) & [Journal](#)-Daughters, [Journal](#)-Sons

[Bright Spots Thoughts and Feelings Game](#)

[Talking Points Cards](#)

[Pando Kids Edition](#) Game

[Totem](#) – great for self-esteem

[Taco, Cat, Goat, Cheese, Pizza](#)

[Would You Rather](#) cards/books

[Totika](#) (jenga with questions)

[Mindful Matters](#) Card Game