Tina Gabby, MD Behavioral and Developmental Pediatrics

Resources and Recommendations for ADHD

First Step: Read and Education!

Teach everyone about the disorder.
Parents, Teachers, Babysitters, Family members, and most importantly:
The child!

Books:

• Taking Charge of ADHD by Russell Barkley, PhD
Dr. Russell A. Barkley - Dedicated to Education and Research on ADHD



Dr. Russell A. Barkley - Dedicated to Education and Rese...

Click here for information on Dr.
Barkley's e-Alerts. Would you like to
help fund international ADHD research
projects? If so visit for more
information.www.adh...
View on Preview by

www.russellbarkley.org

Preview by Yahoo

- Raising Human Beings by Ross Greene, PhD (my new favorite book)
 (His website is also great: livesinthebalance.org)
- Superparenting for ADD by Ned Hallowell, MD
- The Survival Guide for Kids with ADHD by John Taylor
- Smart But Scattered by Peg Dawson

Websites:

http://www.chadd.org/



CHADD - Nationally recognized authority on ADHD

View on www.chadd.org

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ADDitude magazine website: https://www.additudemag.com/

Behavioral Treatments:

http://www.helpforadd.com/add-behavioral-treatment/

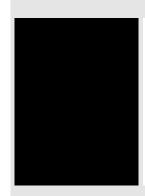
Behavioral Treatment for ADD/ADHD: A General Overview

Attention Deficit Hyperactivity Disorder (ADHD) is a disorder characterized by a persistent pattern of inattention and/or hyperactivity/impulsivity that occurs in academic, occupational, or social settings. One perplexing aspect of ADHD is that a child's symptoms can vary consider...

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ADHD without Drugs:

About Dr. Newmark, MD « ADHD Without Drugs



About Dr. Newmark, MD « ADHD Without Drugs

Dr. Sandy Newmark is dedicated to helping children with ADHD live happier, healthier lives.

View on adhdwithoutdrugs.info

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Medication:

https://chadd.org/for-parents/managing-medication/

Other Things to Consider:

How is the family functioning?
Do you need behavioral counseling?
Support for parents?
Occupational Therapy
Movement/Sports
Omega 3 supplements
Diet
Quality Sleep

Other Suggestions:

Zones of Regulation: A curriculum to foster self-regulation and emotional control http://www.zonesofregulation.com/

Social Thinking and The SuperFlex Curriculum: http://www.socialthinking.com/Products/9780979292248

http://www.amazon.com/Incredible-Flexible-YouTM-Deluxe-Curriculum/dp/1936943050/ref=sr_1_1?ie=UTF8&qid=1449894351&sr=8-1&keywords=incredible+flexible+you

http://www.amazon.com/Superflex-Superhero-Social-Thinking-Curriculum/dp/0979292247/ref=sr_1_1?ie=UTF8&qid=1449894459&sr=8-1&keywords=superflex