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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

[www.russellbarkley.org](#)

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- **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

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[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...

View on www.helpforadd.com

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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