

ADHD Resources for Families

Wisconsin Child Psychiatry Consultation Program (WICPCP.org)

The following are resources for families to support the emotional and behavioral needs of children and adolescents who demonstrate symptoms of Attention Deficit Hyperactivity Disorder:

Websites with General Information:

- **Centers For Disease Control and Prevention:**
<https://www.cdc.gov/ncbddd/adhd/index.html>
- **American Academy of Child and Adolescent Psychiatry:**
[https://www.aacap.org/aacap/Families and Youth/Resource Centers/ADHD Resource Center/Home.aspx](https://www.aacap.org/aacap/Families_and_Youth/Resource_Centers/ADHD_Resource_Center/Home.aspx)
- **Center for Parent Information & Resources (in Spanish):**
<https://www.parentcenterhub.org/atencion/>

Behavioral ADHD Resources and Toolkits for Families:

- **The Utah Parent Center:**
<https://utahparentcenter.org/disabilities/adhd/>
- **American Academy of Pediatrics:**
<https://www.addrc.org/library/nichq/17ForParentsofChildwithADHD.pdf>
https://www.addrc.org/library/nichq/18Child%20Has%20Problems%20w_Sleep.pdf
- **Child Mind Institute:**
<https://childmind.org/guide/parents-guide-to-adhd/>

School-Related Resources:

- **National Resource Center on ADHD:**
<https://chadd.org/wp-content/uploads/2018/12/ADHD-School-Toolkit.pdf>
- **American Academy of Pediatrics:**
https://www.addrc.org/library/nichq/19Educational%20Rights_Child.pdf
<https://www.addrc.org/library/nichq/21Working%20With%20Child's%20School.pdf>
<https://www.addrc.org/library/nichq/12HowToEstabSchlHomeDailyRepCa.pdf>
<https://www.addrc.org/library/nichq/20Homework%20Tips.pdf>

Advocacy-Based Organizations for ADHD:

- **Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD):**
<https://chadd.org/>
- **ADDitude:**
<https://www.additudemag.com/tag/adhd-advocacy/>
- **LD OnLine:**
<https://www.ldonline.org/>

Selected ADHD-Related Books for Families:

Smart but Scattered, by Dawson and Guare

Mindfulness for Kids with ADHD, by Burdick and Hallowell

Mindful Parenting for ADHD: A Guide to Cultivating Calm, Reducing Stress, and Helping Children Thrive, by Bertin

Putting on the Brakes: Understanding and Taking Control of Your Add or ADHD by Quinn

Take Control of ADHD: The Ultimate Guide for Teens with ADHD by Spodak

Smart but Scattered Teens: The "Executive Skills" Program for Helping Teens Reach Their Potential by Guare

