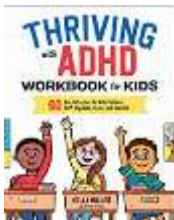


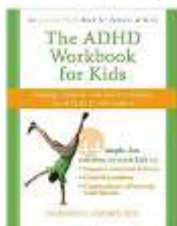
ADHD for Resources for Parents

WORKBOOKS

Thriving with ADHD: Workbook for kids



The ADHD Workbook for Kids: Helping children gain self-confidence, social skills and self control



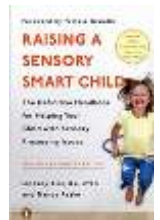
The ADHD workbook for teens: activities to help you gain motivation and confidence



Smart but scattered teens



Raising a sensory smart child



Workbooks can greatly help your child learn skills to deal with adhd/add. We also recommend Behavioral therapy to help your child learn coping skills and personal/social skills.

RECOMMENDED APPS

Priority Matrix (for teens)

- Helps parent and child work together towards a goal
- Can easily keep track of all the completed tasks and view progress reports

Tupsu (google play only)

- Game that helps young kids remain focused for short periods of time.
- Different levels offer a variety of difficulty, which allows children to practice different amounts of concentration critical for schools success

Starchart

- Gamify your childrens chores with Starchart
- Schedule your chores for kids in a fun way

Due Reminders and Timers

- Users create tasks on the app and the time they need to complete them
- Helps users to better focus on tasks and prevents them from procrastinating.

WEB RESOURCES

- Team ADHD
- CHADD
- ADDitude magazine

OTHER HELPFUL INFO

- Regular exercise is good for physical & emotional health. Aim for 45min per day.
- Ditch caffeine and energy drinks
- Consistent bedtimes and routines for bedtime – aim for at least 7-10hr of sleep per night. Melatonin can be helpful.
- Eat a healthy diet – try to get away from the processed foods especially carbs and sugar. Aim for a clean diet with plenty of protein.
- Try aromatherapy such as lavender, vetiver, roman chamomile, mandarin, ylang ylang.
- VITAMINS: Omega 3's, Vit D3 1000mg, Magnesium 250-350mg, Good multivitamin such as Renzo's or Rainbowlite.

PSYCOEDUCATIONAL TESTING

- For those kids also struggling in school we typically recommend psychoeducational testing to assess for any other learning/educational issues.
- Marsh Landing Behavioral, The Learning Specialist, Nautilus behavioral, PsychEd Connections, Mandala Wellness all offer testing.