



Required Reading for Parents of Kids with ADHD

These 10 books, filled with parenting strategies and up-to-date research, offer support, insight, and tips for raising a happy and healthy child.

1. **Taking Charge of ADHD**

by Russell Barkley, Ph.D.

This straightforward book offers an 8-step parenting plan — based on positive attention and calm consistency — to manage ADHD symptoms and reconnect with your child.

2. **8 Keys to Parenting Children with ADHD**

by Cindy Goldrich, Ed.M., ACAC

This invaluable resource focuses on developing and strengthening interpersonal skills to improve conflict resolution, reduce chaos, and build self-esteem.

3. **The Misunderstood Child**

by Larry Silver, M.D.

Children with learning difficulties struggle to explain why they feel “different.” Here, Silver delves into their minds and hearts, and explains what parents can do to help.

4. **The Explosive Child**

by Ross Greene, Ph.D.

Kids can misbehave when situations stress their coping mechanisms. This book outlines an easy-to-implement parenting method to help “inflexible” kids manage bad behavior.

5. **The Out-of-Sync Child**

by Carol Stock Kranowitz, M.A.

This book offers unique perspectives on life with sensory processing disorder, and outlines concrete strategies to manage complex symptoms of SPD.

6. **The Complete Guide to Special Education**

by Linda Wilmshurst, Ph.D. and Alan W. Brue, Ph.D.

This comprehensive resource outlines the IEP process to help parents and teachers navigate the complex special education system.

7. **Smart but Scattered Teens**

by Richard Guare, Ph.D. and Peg Dawson, Ph.D.

Here, find step-by-step strategies to promote your teen’s independence — and confidence — by building the executive skills needed to get organized, stay focused, and control impulses.

8. **A New Understanding of ADHD in Children and Adults**

by Thomas Brown, Ph.D.

This fascinating book presents a new definition of ADHD, which recognizes executive function impairments as its true underpinnings.

9. **The Dyslexia Empowerment Plan**

by Ben Foss

Foss uses easy-to-apply analogies, as well as his own experiences with dyslexia, to help parents empower children with dyslexia and other learning disabilities.

10. **Driven to Distraction**

by Edward Hallowell, M.D., and John Ratey, M.D.

First published in 1994, this title has remained the definitive book on ADHD ever since. Says one reader, “After finishing it, I finally understood how my child’s brain is wired — and how I can help him.”