

[Taking Charge of ADHD](#) by Russell Barkley This is a **parent resource that gives you the science-based information you need about attention-deficit/hyperactivity disorder (ADHD) and its treatment. It also presents a proven eight-step behavior management plan specifically designed for 6- to 18-year-olds with ADHD. Offering encouragement, guidance, and loads of practical tips for parents.**

[Learning to Slow Down and Pay Attention: A Book for Kids about ADHD](#) by Kathleen Nadeau and Ellen Dixon. This short paperback book was created to be read by parents to children ages 6 through 11 who have AD/HD, need to understand it better, and need age-appropriate tips for remembering stuff, getting ready in the morning, staying focused, and asking for help.

This newly revised third edition also has practical tips for parents with a list of excellent resources.

[Maybe You Know My Kid : A Parent's Guide to Identifying, Understanding, and Helping Your Child With Attention Deficit Hyperactivity Disorder](#) by Mary Cahill Fowler.

In this guide for parents whose children have Attention Deficit Hyperactivity Disorder, you learn about the latest scientific advances and clinical breakthroughs and the education of children who have ADHD. Examines the school's role in assessing children, practical guidelines and suggestions for improving educational performance.

[Teaching the Tiger : A Handbook for Individuals Involved in the Education of Students With Attention Deficit Disorders, Tourette Syndrome or Obsessive Compulsive Disorder](#) by Marilyn P. Dornbush and Sheryl K. Pruitt

"The best practical reference book for educators who work with students with Tourette Syndrome, Attention Deficit Disorder, and/or Obsessive Compulsive Disorder. It's definitely not just for the special educator - counselors, social workers, school psychologists, classroom teachers, and paraprofessionals will find it a useful resource." Learn more about [Teaching the Tiger](#).

Attention Deficit Hyperactivity Disorder. "ADHD is classified as a mental disorder. A person with ADHD often has symptoms similar to those experienced by a person with a learning disability, but ADHD is a disorder distinct from learning disabilities." Report from the [National Institute of Mental Health](#) (2006).

Office of the Surgeon General, [Report on the Surgeon General's Conference on Children's Mental Health - A National Action Agenda](#) (2001).

Report from Surgeon General describes a crisis in mental health for children and adolescents. 1 in 10 children and adolescents suffer from mental illness that is severe enough to cause impairment; fewer than 1 in 5 children receive needed treatment. Report includes goals and objectives, focuses on the need to use science-based prevention and treatment services. [Download](#)

To order bound copies, contact The National Institutes of Mental Health, Office of Communications and Public Liaison, 6001 Executive Blvd., Room 8184, MSC 9663, Bethesda, MD 20892-9663. Phone: 301-443-4513

Office of the Surgeon General, [Children and Mental Health: A Report of the Surgeon General](#) (2000).

According to the landmark "Global Burden of Disease" study, 4 of the 10 leading causes of disability for people 5 years of age and older are mental disorders. [Children and Mental Health](#) describes normal child development; risk factors and prevention; describes mental disorders in children, including ADHD, depression, anxiety

disorders, autism, disruptive disorders, substance abuse, and eating disorders and effective treatments for these disorders. [Download](#) Full text of [Mental Health: A Report of the Surgeon General](#)

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