

ADHD Reading List

For Young People:

* *The Key That Swallowed Joey Pigza* - [Jack Gantos](https://www.amazon.co.uk/Jack-Gantos/e/B004LPW12U?ref=sr_ntt_srch_lnk_1&qid=1572601340&sr=8-1)and [David Tazzyman](https://www.amazon.co.uk/David-Tazzyman/e/B006C6WUN6?ref=sr_ntt_srch_lnk_1&qid=1572601340&sr=8-1). 2015.
* *Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress* - Gina M. Biegel. 2009.
* *The Huge Bag of Worries* - Virginia Ironside and Frank Rodgers. 2011.
* *All Dogs Have ADHD* – Kathy Hoopmann. 2008.
* *Thriving with ADHD Workbook for Kids: 60 Fun Activities to Help Children Self-Regulate, Focus, and Succeed* - Kelli Miller. 2018.
* *The ADHD Workbook for Teens: Activities to Help You Gain Motivation and* Confidence - Lara Honos-Webb. 2011.
* *The Survival Guide for Kids with ADHD* - John F Taylor. 2013.

For Families and Professionals:

* *Helping Kids and Teens with ADHD in School: A Workbook for Classroom Support and Managing Transitions* - Joanne Steer and Kate Horstmann. 2009.
* *Managing ADHD in School: The Best Evidence-Based Methods for Teachers* – Russell Barkley. 2016
* *Step by Step Help for Children with ADHD: A Self-Help Manual for Parents* - Cathy Laver-Bradbury. 2010.
* *What Your ADHD Child Wishes You Knew: Working Together to Empower Kids for Success in School and Life* - Sharon Saline. 2018.
* *Mindful Parenting for ADHD: A Guide to Cultivating Calm, Reducing Stress, and Helping Children Thrive* – Dr. Mark Bertin. 2015.
* *Fidget to Focus: Outwit your Boredom. Sensory Strategies for Living with AD* - Roland Rotz and Sarah D. Wright. 2005.
* *Can I tell you about ADHD?: A Guide for Friends, Family and Professionals* - Susan Yarney. 2013.
* *A Volcano in my Tummy: Helping Children to Handle Anger. A Resource Book for Parents, Caregiver and Teachers* – Elaine Whitehouse and Warwick Pudney. 1998.