

## Resources – ADHD – updated June 2024

### ADHD Website:

- CADDRA.ca
- [CADDAC: Canadian ADHD Awareness | Education | Advocacy](#)
- <https://keltymentalhealth.ca/adhd>
- <https://www.additudemag.com/> (online magazine)
- [Attention-Deficit/Hyperactivity Disorder in Children and Youth | Here to Help](#)
- <https://healthymindslearning.ca/rollingwith-adhd/> (free online course for parents)
- <https://www.aboutkidshealth.ca/adhd>  
<https://www.aboutkidshealth.ca/Article?contentid=1922&language=English>
  - Links to many other pages on About Kids Health

### Books:

- Smart but Scattered by Peg Dawson and Richard Guare
- My brain needs glasses by Annick Vincent
- Puppy in my head by Elise Gravel (for kids)
- Driven to Distraction by Hallowell and Ratey
- Sensational Kids – sensory processing disorder by Lucy Jane Miller
- The explosive Child (6<sup>th</sup> edition) By Ross W Greene
- For adults: Dirty Laundry & Small talk (10 ADHD lies and how to stop believing them) by Richard and Roxanne Pink (+ their Instagram @ADHD\_love)

### Tools: (no financial connection, just suggestions from other families)

- Wiggle seat:  
<https://classroomessentials.scholastic.ca/en/search?cgid=root&navFilterId=coolTheme&navFilterValue=Movement>
- Weighted textured lap pad:  
<https://classroomessentials.scholastic.ca/en/-portable-weighted-dual-textured-sensory-lap-pad-/82527191-cec-ca.html?cgid=root#cgid=root&navFilterId=coolTheme&navFilterValue=Movement&start=8>
- Bouncyband for desks:  
<https://classroomessentials.scholastic.ca/en/-bouncyband-for-desks-/3515139-cec-ca.html?cgid=root#cgid=root&navFilterId=coolTheme&navFilterValue=Movement&start=14>