

Filling in the Missing Pieces

Understanding ADHD



Brant Haldimand Norfolk Catholic District School Board

RESOURCES FOR TEACHERS, PARENTS AND STUDENTS

ADHD is one of the most common neurobiological disorders of childhood. Its causes are currently not known, however ADHD can persist through adolescence and into adulthood.

A person with ADHD has a level of inattention, impulsive hyperactivity, or both that compromises and interferes with daily living, academics and functioning in different settings. A person with ADHD will usually struggle in important areas of their lives, such as peer and family relationships, and school or work performance.

The following booklet is intended to be used as a resource for teachers, parents and students. It lists, and briefly summarizes information found on internet sites, in books and organizations that would be beneficial, helpful and a valuable support for anyone with or working with ADHD.



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Resources for Parents

Sites to Visit

<http://www.parentbooks.ca>

Offers a comprehensive selection of resources – including everyday parenting issues, to special needs of all kinds.

<http://hdap.oise.utoronto.ca/adhd/support.html>

Gives a network list of contact info for a number of support groups in Ontario, which allow parents to discuss their experiences raising a child with ADHD and to get advice and tips from other parents.

www.caddac.ca

Advocacy for people with ADHD, offers various supports, links and information about ADHD.

<http://mcmasterchildrenshospital.ca>

Click on the Family Resource Centre which will lead to books to read and services available.

<http://www.contactbrant.net>

Provides “one door” access and help in finding Children’s Mental Health Services or Developmental Services in Brant.

<http://www.hnreach.on.ca>

Offers a wide range of coordinated services and supports for children, youth, adults and families, including special needs. Promotes healthy communities through public education and prevention initiatives in collaboration with community partners.

<http://contacthamilton.ca>

An entry point to services for children and youth with emotional, behavioural or developmental concerns. Provides information about services available and acts as central intake and referral.

<http://www.schooladvocacy.ca>

Lists many places to go and get help in the Hamilton area for parents which includes sharing of advocacy strategies, ADD resources, updated newsletters and information about support groups.

<http://www.chadd.org>

CHADD (Children and Adults with Attention-Deficit/Hyperactivity Disorder) is said to be the nation’s leading non-profit organization for ADD and ADHD. It serves individuals with ADHD, their parents and families, teachers and other professionals. The site offers many excellent resources as well as providing support to understand ADHD.

<http://www.nimh.gov/publicat/adhd.cfm>

Information and links about ADHD

Books to Read

Taking charge of ADHD: the complete, authoritative guide for parents.

By Dr. Russell A. Barkley, New York: Guilford Press

ADHD: Helping Your Child: A Comprehensive Program to Treat Attention Deficit/Hyperactivity Disorders at Home and in School.

By Warren Umansky: Warner Books

Teaching Teens With ADD and ADHD: A Quick Reference Guide for Teachers and Parents.

By Chris A. Zeigler Dendy: Woodbine House

ADD/ADHD Behavior-Change Resource Kit : Ready-to-Use Strategies & Activities for Helping Children with Attention Deficit Disorder.

By Dr. Grad L. Flick, Ph.D.: Jossey-Bass

ADHD and Teens: A Parent's Guide to Making It Through the Tough Years.

By Colleen Alexander-Roberts: Taylor Pub

A Kid Just Like Me: A Father and Son Overcome the Challenges of ADD and Learning Disabilities.

By Bruce Roseman Perigee

Understanding Girls With ADHD.

By Kathleen G. Nadeau: Advantage Books

The ADHD Book: Answers to Parents' Most Pressing Questions.

By Beth Ann Hill

"With mounting pressure placed on parents to pursue a diagnosis and medicate hyperactive children, the urgency of life-changing decisions can weigh heavily on the whole family. Conflicting advice bombards parents from all sides-often leaving families more confused and anxious than before. The AD/HD Book ... takes parents from symptoms, diagnoses and tests, medication, a treatment strategy designed to combine medical treatment and special parenting techniques to break through problem behaviors."

ADHD Book: Living Right Now!

By Dr. Martin Kutscher

“The ADHD Book: Living Right Now! focuses on over-reactions, easy frustration, brakeless behaviors, time management and organizational problems as key aspects of Attention Deficit Hyperactivity Disorder. Written by a pediatric neurologist, the book provides responsible, empathic and extremely useful information for families and teachers”.

ADHD Grown Up: a Guide to Adolescent and Adult ADHD.

By Dr. Joel Young

Joel Young, M.D., who has been treating and researching ADHD for more than 15 years, takes a wide-ranging look at ADHD in adults. ADHD Grown Up offers clinicians, patients and family members a concise yet comprehensive overview of the many issues associated with ADHD throughout adolescence and adulthood.

AD/HD Parenting Handbook: Practical Advice for Parents from Parents. 2nd Edition.

By Colleen Alexander-Roberts

A compilation of practical advice and tips for handling daily activities that often prove problematic for ADHD children, such as getting ready for school, going to bed, performing chores, completing homework, and playing with other children. This revised and updated edition offers proven techniques for raising hyperactive kids without losing your cool.

Attention Games: 101 Fun, Easy Games That Help Kids Learn To Focus.

By Barbara Sher

“If you want to focus children’s attention, you first have to capture their interest. Attention Games is filled with interesting and child-tested activities that can help children of all ages become better at focusing and paying attention. By sharing the upbeat, joyful activities in Attention Games, you can enhance your child’s intelligence, boost his confidence, increase his ability to concentrate on one thing for long periods, and show that you care.”

Disorganized Children: a Guide for Parents and Professionals.

Edited by Samuel M. Stein and Uttom Chowdhury

“Disorganized children may display a range of behaviours symptomatic of, for example, ADHD, autism and conduct disorders, but they often fail to meet all the criteria for a clear diagnosis. In this book, psychiatrists, speech, family and occupational therapists and neurodevelopment specialists present a range of behavioural and psychological strategies to help disorganized children improve concentration and performance in the classroom and deal with a variety of behaviour and social interaction difficulties ... The combination of information, exercises and case studies makes this a valuable tool for use by parents, health care and teaching professionals, and the authors provide an insight into the mind of disorganized children and practical guidance on how best to help them achieve their full potential.”

100 Questions & Answers about Your Child’s Attention Deficit Hyperactivity Disorder.

By Dr. Ruth D. Nass & Dr. Fern Leventhal

Attention deficit hyperactivity disorder, or ADHD, is a medical disorder that can cause behavioral and psychological problems. This complex condition can be confusing for children and profoundly frustrating for parents. Discussing the medical and psycho-social aspects of the condition, Dr. Ruth Nass and Dr. Fern Leventhal provide an authoritative yet compassionate explanation of the ins and outs of treating this condition and teaching your child strategies for living and learning with ADHD.

Teenagers with ADD and ADHD: a Guide for Parents and Professionals, 2nd Edition.

By Chris Zeigler Dendy

“The newly updated and expanded guide to raising a teenager with an attention deficit disorder is more comprehensive than ever. Thousands more parents can rely on Dendy’s compassionately presented expertise based on the latest research and decades of her experience as a parent, teacher, school psychologist, and mental health counselor. Her book looks at key areas that make adolescence—an already challenging time of life—potentially more difficult for kids with ADD or ADHD: academics, dating, driving, socializing, and greater independence.”

20 Questions to Ask If Your Child Has ADHD.

By Mary Fowler

20 Questions to Ask If Your Child Has ADHD is a great beginning book for parents trying to make sense of the ADHD diagnosis, starting from the struggles and searching for readily available guidance and information. This book ends the search for simple (not simplistic) guidance.

Same Homework — New Plan: How to Help Your Disorganized Kid Sit Down and Get it Done.

By Sally Hoyle

“Do you dread the nightly homework wars? Is a student in your home underachieving academically because the homework is just not getting done? Whether the problem is a homework power struggle, ADHD, unidentified giftedness, or something else, Sally Hoyle offers easy-to-follow steps that will decrease homework meltdowns and help kids achieve their academic potential as independent learners ... Same Homework, New Plan will show you how to:

- Establish a homework routine that is tailored to your child’s learning style and your family’s needs.
- Help your child manage and overcome organizational problems.
- Use a combination of inexpensive office supplies, high-tech solutions, and easy activities to make homework go more smoothly.
- Implement your own organizational strategies.
- Boost your child’s self-confidence.

Videos

ADHD: What Do We Know? and ADHD: What Can We Do?

By Dr. Russell Barkley, New York: Guilford Press

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Resources for Children

Books To Read

Cory Stories: A kid's book about living with ADHD.

By Jeanne Kraus, Whitney Martin: Magination Press.

Otto Learns about His Medicine: A story about medication for children with ADHD.

By Matthew Galvin: Magination.

What Would Joey Do?

By Jack Gantos: HarperTrophy.

Joey Pigza Loses Control.

By Jack Gantos: HarperTrophy.

Attention-Deficit/Hyperactivity Disorder.

By Julie Williams: Enslow Publishers, Inc.

Putting on the Brakes: Young People's Guide to Understanding Attention Deficit Hyperactivity Disorder.

By Patricia O. Quinn: Magination Press.

The Best of Brakes: An activity book For kids with ADD.

By Patricia O., MD, Quinn: Magination Press.

Taking ADD to School: A school story about attention deficit disorder and/or attention deficit hyperactivity disorder.

By Ellen Weiner: JayJo Books.

Zipper: The Kid with ADHD.

By Caroline Janover: Woodbine House.

Learning to Slow Down and Pay Attention: A book for kids about ADD.

By Kathleen G. Nadeau: Magination Press.

Pay Attention, Slosh.

By Mark Smith: Albert W hitman & Co; c1997.

CrazyBusy — Overstretched, Overbooked and about to Snap! Strategies for coping in a world gone ADD.

By Edward Hallowell.

“Are you too busy? Are you always running behind? Is your calendar loaded with more than you can possibly accomplish? Is it driving you crazy? You’re not alone. Without intending it or understanding how it happened, we’ve plunged ourselves into a mad rush of activity, expecting our brains to keep track of more than they comfortably or effectively can.

Does Everyone Have ADHD? A Teen’s Guide to Diagnosis and Treatment.

By Christine Petersen.

Author Christine Petersen provides young readers with a comprehensive look at ADHD — from diagnosis and treatment to the impact on ADHD has on school, social and family life.

The Girl’s Guide to ADHD.

By Beth Walker.

“If you’re a teen girl with ADHD (or maybe you think you might have ADHD) then this book is for you! Guaranteed not to be boring, The Girl’s Guide to ADHD is full of interactive quizzes, helpful tips, fun facts, whimsical illustrations and more, including:

- What ADHD is like for girls.
- How the ADHD brain works.
- How adolescence impacts ADHD.
- How counseling, medication and coaching help.
- How to deal with emotions from anger to anxiety to depression.
- What advantages there are to having ADHD.
- How to cope with school and homework.

Lucky Horseshoes. A children’s book dealing with ADHD.

By Gayle Grass, Illustrated by Linda Crockett.

Lucky Horseshoes is the story of a girl named Skippy, a baby horse called Little Ben and Iris the Dragon. Skippy has ADHD, which is interfering with school, home life and her dream of taking her horse, Little Ben, to the summer fair. Iris is able to help Skippy deal with her symptoms and boost Skippy’s confidence in her ability to succeed. With the assistance of Iris, Skippy slowly takes on more responsibilities and learns strategies that help her achieve her dreams.

The Survival Guide for Kids with ADD or ADHD.

By John Taylor.

What are ADD and ADHD? What does it mean to have ADD and ADHD? How can kids diagnosed with ADD and ADHD help themselves succeed in school, get along better at home, and form healthy, enjoyable relationships with peers? In kid-friendly language and a format that welcomes reluctant and easily distracted readers, Free Spirit's newest survival guide helps kids know they're not alone and offers practical strategies for taking care of oneself, modifying behavior, enjoying school, having fun, and dealing (when needed) with doctors, counselors, and medication.



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Resources for Teachers

Sites to Visit

www.add411.com

The site offers over 100 book titles for teachers and parents interested in understanding and supporting children with ADHD, as well as resources that assist in the classroom.

www.addinschool.com

The site provides hundreds of interventions to support and assist children with ADHD in the classroom.

www.addresources.org

Attention Deficit Disorder Resources is a national non-profit organization that helps people with ADD or ADHD achieve their full potential through education, support and networking opportunities.

www.chadd.org

CHADD (Children and Adults with Attention-Deficit/Hyperactivity Disorder) is said to be the nation's leading non-profit organization for ADD and ADHD. It serves individuals with ADHD, their parents and families, teachers and other professionals. The site offers many excellent resources as well as providing support to understand ADHD.

www.idonline.org

The world's leading website on learning disabilities and ADHD. It offers advice, resources, and understanding for teachers, parents, and families.

www.newideas.net

The site offers great information on Attention Deficit Hyperactivity Disorder. It is organized into 10 easy lessons, for teachers and parents. These are focused on gaining a better understanding of and supporting children with ADHD.

www.teachadhd.ca

This site provides help to teachers and other education professionals. It offers resources and materials that have been developed to bridge the gap between current neuroscientific understanding of ADHD and classroom practice. Excellent resources, information and links for teachers and parents.

<http://iris.peabody.vanderbilt.edu/>

The site describes the US based IRIS Centre and provides free, downloadable resources and modules for intermediate/senior teachers. The Center is national and aims to provide high-quality resources for college and university faculty and professional development providers about students with disabilities. IRIS seeks to obtain this goal by providing free, online, interactive training enhancements that translate research about the education of students with disabilities into best practice.

Books to Read

How to Reach and Teach Children with ADD/ADHD: Practical Techniques, strategies, and Interventions .

By Sandra F. Rief M.A.

Excellent resource that offers real life case studies, interviews, and student intervention plans for children with ADHD. As well the book contains best teaching practices and strategies for enhancing classroom performance for all types of students.

The Organized Student: Teaching Children the Skills for Success in School and Beyond.

By Donna Goldberg

Learning to Slow Down & Pay Attention.

A Book for Kids about ADHD by Kathleen G. Nadeau

The ADD/ADHD Checklist.

By Sandra F. Rief M.A.

The ADHD Book of Lists: a Practical Guide for Helping Children and Teens with Attention Deficit Disorders.

By Sandra F. Rief M.A.

An easy-to-read, reliable source of answers, practical strategies and tools in a convenient list format, for teachers (K-12), parents, school psychologists, counselors, medical and mental health professionals. A comprehensive encyclopedia of practical information for finding everything you want to know about ADHD, from diagnosis to intervention.

Teaching Teens with ADD and ADHD.

A quick reference guide for teachers and parents

By Chris A. Zeigler

ADHD: What Do We Know? ADHD: What Can We Do?

By Dr. Russell Barkley

Taking ADD to School. A School Story about Attention Deficit Disorder.

By Ellen Weiner.

Ben is having trouble concentrating in school. A trip to the doctor reveals that Ben has Attention Deficit Disorder. Written from Ben's perspective, this unique book is designed to educate classroom peers about children living with ADD.

Different Minds: Gifted Children with ADHD, Asperger Syndrome and Other Learning Deficits.

By Deirdre Lovecky

This book provides an insight into the challenges and benefits specific to gifted children with attention deficits and advises how best to nurture their needs, positive behaviors and relationships.

50 Activities and Games for Kids with ADHD.

By Patricia Quinn and Judity Stern

Games, puzzles, activities and resources to help children handle the challenges of ADHD, along with practical tips for solving problems and getting organized.

Taking ADD to School: A school story about attention deficit disorder and/or attention deficit hyperactivity disorder.

By Ellen Weiner: JayJo Books.

This unique book is designed to educate classroom peers about children living with ADD.

ADHD in the Classroom: Strategies for Teachers (with a program manual).

By Dr. Russell Barkley

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 Dornbush and Sheryl Pruitt

An excellent 'tool kit' filled with easy to use, good teaching practices and insights into ADD/ADHD/TS/OCD.

Understanding and Supporting Children with ADHD: Strategies for Teachers, Parents and Other Professionals.

By Lesley Hughes and Paul Cooper

This book shows how to use effective classroom management strategies to improve behavior in the classroom.

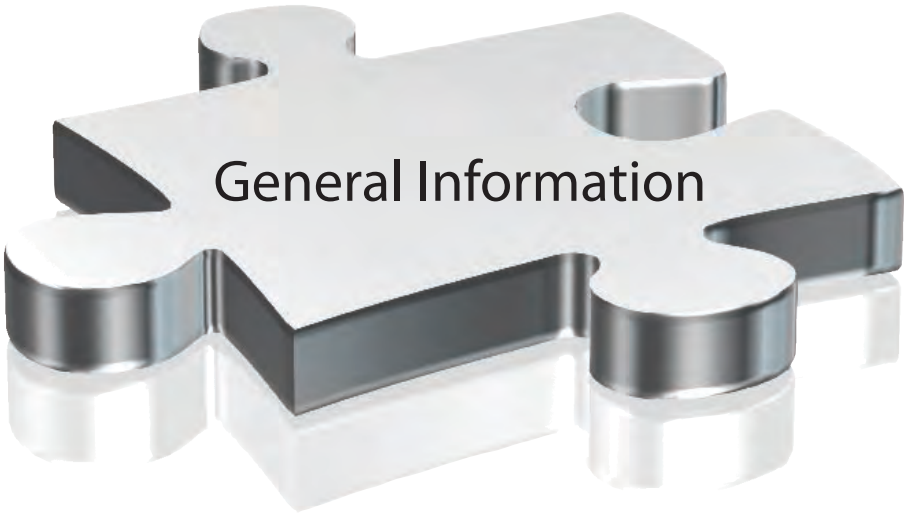
How to Reach and Teach ADD/ADHD Children: Practical Techniques, Strategies, and Intervention for Helping Children with Attention Problems and Hyperactivity.

By Sandra M. Rief, M.A.

Teach for Success: Teach ADHD. (Teachers Resouce Manual)

By Dr. Rhonda Martinussen, Med, Ph.D., Dr. Rosemary Tannock, Ph.D.(with Alison McInnes, SL-P, Ph.D.) and Peter Chaban, Med. MA

Brant Haldimand Norfolk Catholic District School Board resource available in all schools.



General Information

Types of Medications used to treat ADHD

Stimulant Medications

Adderall	Focalin
Dexedrine	Ritalin
All of the above are short-acting stimulants lasting between 3-5 hours.	

Adderall XR	Metadate ER
Concerta	Methylin ER
Dexedrine Spansule	Ritalin-LA
Metadate CD	Ritalin-SR
All of the above are longer acting stimulants lasting between 3-12 hours.	

The medications have common side effects but they are usually mild and disappear fairly quickly.

All of these medications have been approved in the US, but some have not been in Canada.

Stimulant medications can be helpful in the short term. They control the symptoms of ADHD by helping people pay attention better and complete work. However, the effects wear off when the medication wears off or is stopped.

Non-stimulant Medications

- A slower acting medication whose effects can usually be seen within 30 minutes. It is usually taken once a day.
- Antidepressants as ADHD medications - various types have been shown to have effects on children with ADHD.

Alternatives to medications

A combination of behavior therapy, emotional counseling, healthy diet and nutritional supplements (such as Attend-see <http://www.newideas.net/attend.htm>) have been shown to effectively diminish the symptoms of ADHD.

Natural Remedies

- Centella Asiatica (also called Gotu Kola), is a natural ingredient known to reduce anxiety levels and enhance memory and brain function.
- Green Oats (also called Avena sativa), acts as a nerve tonic whose calming effects grow with time and consistent use.
- Panax Ginseng, a Chinese herb, has been shown to strengthen the immune system, reduce stress and fatigue, increase motivation, and normalize body functions.

Places to Go and People to Contact

Family Resource Centres, McMaster Children's Hospital

1200 Main Street West, Hamilton, Ontario L8S 4J9

Phone number: 905-521-2100

Fax number: 905-521-1703

McMaster location: extension 73536

Chedoke location: extension 77243

www.mcmasterchildrenshospital.ca

Hamilton Public Library

55 York Blvd., Hamilton, ON L8N 4E4

Phone number: 905-546-3200

Fax number: 905-546-3202

www.myhamilton.ca

Integra: Children's Mental Health Centre

25 Imperial Street, Toronto, Ontario, Canada M5P 1B9

Phone number: 416-486-8055

Fax number: 416-486-1282

www.integra.on.ca

Lansdowne Children's Centre

39 Mount Pleasant Street, Brantford, ON N3T 1S7

Phone number: 519-753-3153

Fax number: 519-753-5927

www.lansdownecentre.ca

Learning Disabilities Association

205 Oxford Street East, Suite 205, London, ON N6A 5G6

Phone number: 519-438-6213

Fax number: 519-438-0368

www.ldalondon.ca

Parents Helping Parents

Woodview Children's Centre

Suite 200, 233 Colborne Street, Brantford, ON N3T 2H4

Phone number: 519-752-5308

www.woodviewchildrenscentre.com

Parent Support Group

Delhi District SS Library

Delhi, ON

Contact(s):

Debbi Wilson 519-582-8669

Debbie Baily 519-688-6836

Offers information for teachers as well as parent support.

Learning Disabilities Association of Niagara

366 St. Paul Street, St. Catharines, ON L2R 3N3

Contact: Kay MacDonald

Phone number: 905-641-1021

Fax number: 905-641-2336

Email: ldaniagara@cogeco.net

CHADD Hamilton

info@adrn.org

Voice mail box at 416-208-3141

Contact person in Hamilton e-mail address: rousseau.@halisp.net

Madame Vanier Children's Services

871 Trafalgar Street, London, ON N5Z 1E6

Phone Number: 519-433-3101

Fax number: 519-433-1302

Contact: Dr. Barrie Evans Ph.D., C.Psych., Executive Director

www.vanier.com

Brant Haldimand Norfolk Catholic District School Board

Behavior Team

Our Lady of Fatima Resource Centre

344 Erie Avenue, Brantford, Ontario N3S 2H9

Phone number: 519-759-8862

Fax number: 519-759-5205

Haldimand Norfolk R.E.A.C.H.

101 Nanticoke Creek Pkwy, Townsend, ON

Phone number 905-587-2441

Contact Brant For Children and Developmental Services

164 Colborne Street West, Brantford, ON

Phone number: 519-753-1915

Community Care Access Centre Haldimand-Norfolk

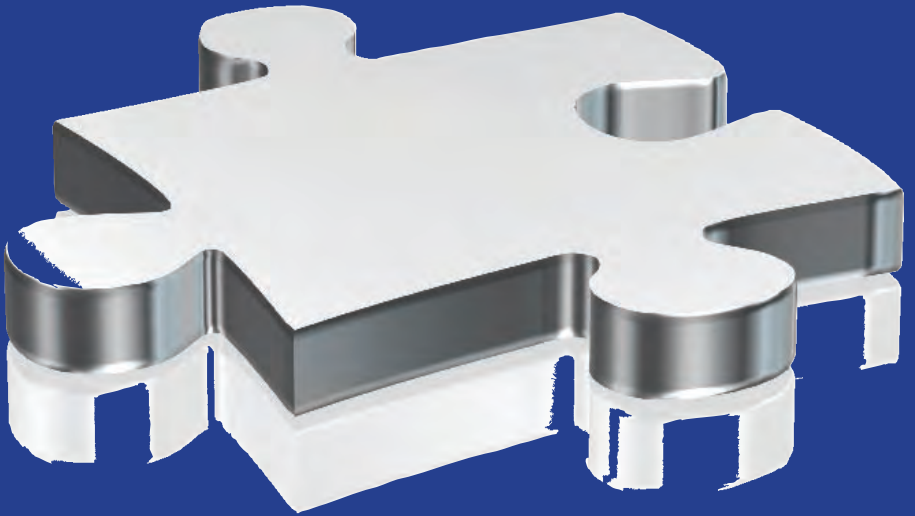
76 Victoria Street, Simcoe, ON

Phone number: 519-426-7400

Site to Visit

www.coe.jmu.edu/LearningToolbox/

Tools and resources to enable students with learning difficulties to be better learners. This site has specific pages for students, teachers and parents.



A professional learning community project funded by OECTA. Special thanks to the Research Institute of the Hospital for Sick Children and the Brant Haldimand Norfolk Catholic District School Board.

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