# Useful resources to the families

Websites:

1. <https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/attention-deficit-hyperactivity-disorder-and-hyperkinetic-disorder-information-for-parents-carers-and-anyone-working-with-young-people>
2. <https://www.ukadhd.com/index.htm>
3. <https://www.adhdfoundation.org.uk/>
4. Resource from east and north Hertfordshire

<http://www.enherts-tr.nhs.uk/patients-visitors/our-services/adhd-add/adhd-strategies-to-support/>

1. <https://youngminds.org.uk/find-help/conditions/adhd/>
2. <http://www.addiss.co.uk/>

Local Support Groups:

1. ADHD support group -Queen Mary centre Wisbech – 01354 750401

Useful books:

| **Title** | **Author** |
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| Can I tell you about ADHD? A guide for friends, family and professionals | Susan Yarney (2013). Illustrated by Chris Martin. Jessica Kingsley Publishers |
| All Dogs Have ADHD | Kathy Hoopmann |
| ADHD at your fingertips (A guide for Teenagers) | CR Yemula and RH Kathane (2010) |
| Understanding ADHD | Green C. and Chee K. (1998) |
| All about ADD | TW Phelan |
| Treating Explosive Kids: The Collaborative problem solving approach | Greene R. (2010) |
| How to teach and manage children with ADHD | Fintan O’Regan (2002) |
| I have ADHD/ADD – So What – A Guide for Teens and Adults | Dr Marius Potgieter |
| Understanding ADHD | Dr C Green |
| Everything a child should know about ADHD- 2nd edition | Green C. and Chee K. (1998) |
| All about ADD | Dr CR Yemula |
| ADHD at your finger tips- a guide for teenagers | Dr CR Yemula |
| The special brain- fiction(explaining ADHD neurobiology to the child )- contact the ADHD nurse service for more information | Dr S Yarney |
| Rainbow (fiction) explaining ADHD in girls-contact the ADHD nurse service for more information | Dr S Yarney |
| Transition information for children and young people with ADHD/ADD- contact ADHD nurses for more information | Dr S Yarney, Tracy Bacon |
| Solving children’s sleep problems- a step by step guide for parents | Dr Lyn Quine |
| 1-2-3 magic (providing structured rules for challenging behaviour) | TW Phelan |
| The explosive child | RW Greene |
| Surviving your adolescents | TW Phelan |