

Attention Problems for Young People



Books

1. **Cory Stories: A Kid's Book About Living With ADHD** by Jeanne Kraus, Magination Press (2004) ISBN:1591471540
2. **Otto Learns About His Medicine: A Story About Medication for Children with ADHD** by Matthew Galvin, Magination Press (2001) ISBN:1557987718
3. **All Dogs Have ADHD** by Kathy Hoopmann, Jessica Kingsley Pub (2008) ISBN:9781843106517
4. **The ADHD Workbook for Kids: Helping Children Gain Self-Confidence, Social Skills, and Self-Control** by Lawrence Shapiro, Instant Help Publishers (2010) ISBN:9781572247666
5. **Putting on the Brakes: Young People's Guide to Understanding Attention Deficit Hyperactivity Disorder** by Patricia O. Quinn, Magination Press, (2001) ISBN:1557987955
6. **Learning to Slow Down and Pay Attention: A Book for Kids about ADHD** by Ellen B. Dixon, Magination Press (2004) ISBN:9781591471493
7. **The ADHD Workbook for Teens: Activities to Help You Gain Motivation and Confidence** by Lara Honos-Webb, Instant Help (2011) ISBN:9781572248656
8. **Take Control of ADHD: The Ultimate Guide for Teens With ADHD** by Ruth Spodak and Kenneth Stefano, Prufrock Press (2011) ISBN:9781593635350
9. **Attention Games: 101 Fun, Easy Games That Help Kids Learn To Focus** by Barbara Sher and Ralph Butler, Jossey-Bass Publications (2006) ISBN:9780471736547
10. **The Survival Guide for Kids with ADD or ADHD** by John F. Taylor, Free Spirit Publishing (2006) ISBN:157542195X

Websites

http://kidshealth.org/kid/health_problems/learning_problem/adhdkid.html

About the suggested resources

The books and resources on this list are selected from the collection at the Family Resource Centre at McMaster Children's Hospital. The selection is based on parent and child feedback, and from on-going reviews at the Family Resource Centre. The inclusion of a particular resource does not imply an endorsement of the information or suggestions in that resource. Many of our resources are general in nature, and may not apply to your situation. Your health care professional is the best source of information about your child's health and concerns.

Family Resource Centre

The Family Resource Centre's mission is to help families and the community to become active participants in their own health and medical care. The Family Resource Centre offers resources to understand and cope with illness and hospitalization, to learn more about your child's health, to help other family members learn how to help the patient and themselves, and to learn more about wellness, prevention and the human body.

The centre has a wide collection of books, DVDs, pamphlets and online resources about the problems and concerns that bring patients to McMaster Children's Hospital. Services provided include:

Check-out

Borrowing privileges are available to families, staff, and community members.

On-line Resources

In addition to books, DVDs and pamphlets, much health information is available through the Internet. The family Resource Centre can help you to find these resources, as well as information from our consumer health information database.

Audio-visual Materials

Your health-care provider may suggest that you view a particular DVD, or you may want to browse our collection.

For more information visit www.mcmasterchildrenshospital.ca

*The Family Resource Centre,
where knowledge grows.*

