

ADHD Information and Resources

Education is power, especially when your child has a new diagnosis. Revisiting these resources can also be helpful if ADHD symptoms are re-emerging, not well managed or you concerned about possible symptoms which may be related to ADHD. Please discuss with your pediatrician if you have questions or concerns or are looking for specific resources.

ADDitude Magazine - <https://www.additudemag.com/>

CHADD - www.chadd.org

ADHD Families - <https://www.adhdfamilies.ca/>

Please see this link for recommended reading for information re: ADHD
<https://www.caddra.ca/public-information/parents/recommended-reading/>
<https://caddac.ca/adhd/document/reading-list-for-children/>

CADDAC has a number of resources for parents:
<https://caddac.ca/adhd/understanding-adhd/in-childhood-adolescence/for-parents/>

"How To ADHD" is a YouTube channel with a number of great resources and accompanying website. The creator is not a medical professional but she has some great videos as well as a Ted Talk.

<https://howtoadhd.com/>

https://www.ted.com/talks/jessica_mccabe_this_is_what_it_s_really_like_to_live_with_a_dhd_jan_2017?language=en

Recommended Resources from Kelty Mental Health:

<https://keltymentalhealth.ca/collection/keltys-recommended-resources-adhd>

CanLearn Society (Calgary)

<https://www.canlearnsociety.ca/>

