ATTENTION-DEFICIT HYPERACTIVITY DISORDER / TROUBLES D’HYPERACTIVITÉ AVEC DÉFICIT DE L’ATTENTION

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Resource List/ Ressources

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General Information & Resources for Parents / Liste de ressources pour les parents

This is a reassuring, authoritative reference for you and your family, providing sound advice and immediate answers to your most pressing questions. The book also includes questionnaires and checklists to help you get the most out of your child's evaluation.
FAM RJ 506 H9 A327 2005

Based on the American Academy of Pediatrics' own clinical practice guidelines for ADHD and written in clear, accessible language, this book answers common questions, addresses behaviors associated with the teenage years and what schools can do to support children with the condition. ADHD management strategies that balance the roles of behavior therapy, medications, and parenting techniques are suggested.
FAM RJ 506 H9 A34 2004

This book is intended to educate any interested party about ADHD. Both medical and non-medical persons will find it easy to understand. It is a very informative work written by a developmental pediatrician.
FAM RJ 506 H9 S448 2009

This guide to attention deficit/hyperactivity disorder (ADHD) offers parents balanced, reassuring, and authoritative information to help them understand and manage this challenging and often misunderstood condition. It answers the common questions: How is ADHD diagnosed? What are today's best treatment options, and will my child outgrow ADHD?
FAM RJ 506 H9 A336 2011

This comprehensive resource gives parents, teachers, pediatricians and mental health professionals the facts and resources they need to effectively deal with ADD. This program provides a thorough description of the symptoms, diagnosis and treatment of ADD.
FAM RJ 506 H9 P44 2005

Comment gérer le comportement parfois étourdissant de votre enfant pour lequel un diagnostic d'hyperactivité ou de déficit de l'attention a été posé ? Voici proposée une gamme de moyens d'action dynamiques et diversifiés pour l'aider à s'épanouir dans sa famille, à l'école et dans son milieu de vie. L'auteur présente pour chaque groupe d'âge (3-5 ans, 6-12 ans, adolescence) trois parcours : 1) s'informer, comprendre, accepter ce désordre neurologique ; 2) prendre conscience de ses capacités d'éducateur ; 3) mettre en pratique de nouvelles stratégies. Pour multiplier les chances de réussite de votre enfant, ce guide vous invite enfin à croire en votre créativité et en votre intuition de parent.
FAM RJ 506 H9 S38 2000

This book examines the academic challenges ADD teens face, offering tips for success at school and guidelines for discipline, guidance, and responsibility.
FAM RJ 506 .H9 W44

Sensory integration is a drug-free, child-friendly therapy for hyperactivity. This hands-on guide explains how it works and includes easy activities.
FAM RJ 506 .H9 H6713 2007

Howard helps his friend Joey understand that in order to overcome difficulties with attention, following instructions and finishing tasks, he needs to ask for professional help. Tips and lessons are included.
FAM RJ 506 .H9 B56 2012

Making the system work for your child with ADHD / Jensen, Peter S. -- New York: Guilford, 2004.
In this straightforward, compassionate guide, Dr. Jensen pools his own experiences with those of over 80 other parents to help you troubleshoot the system without reinventing the wheel. From breaking through bureaucratic bottlenecks at school to advocating for your child's healthcare needs is just an example of topics discussed in this book.
FAM RJ 506 .H9 J46

Discusses the pros and cons of medication for ADHD for both children and adults.
FAM RJ 506 .H9 P442 2004

This book will give you a look inside the mind of a person with ADD/ADHD. Ben describes what it's really like to feel those constant impulses, to get all that medication, to desperately want to be "normal." In addition, he offers lots of valuable advice to parents, including finding what forms of discipline will work and what will never work surviving the daily homework struggle medicating or seeking other methods of treatment teaching your ADD/ADHD child to read.
FAM RJ 506 .H9 P64 2004

This guide will help provide insight, advice, and guidance to help parents effectively raise ADHD teenagers.
FAM RJ 506 .H9 Z45 2006

Ce livre est un ouvrage multidisciplinaire qui décrit l'ensemble des symptômes de TDAH et leur impact sur l'apprentissage de même que sur les relations familiales et sociales. Est également décrit le processus d'évaluation ainsi qu'une mise au point sur le traitement, tant sur le plan médicale qu'en ce qui concerne les interventions scolaires, comportementales et sociales.
FAM RJ 506 .H9 T76 2008
Written by a clinical researcher who has evaluated and treated over 10,000 patients with ADHD, this volume provides a foundation for translating the complex scientific literature on ADHD into a model for community-based care.
FAM RJ 506 .H9 M654 2008

This book provides a comprehensive overview of vision problems in children with autism spectrum disorders and specific learning disabilities and outlines a range of activities for strengthening children’s functional vision and perceptual skills using simple, homemade materials that are readily available in the home or classroom. This is an excellent practical companion for parents of children with visual perception problems and the professionals who work with them.
FAM RJ 506 .H9 K87 2006

Resources for Kids and Teens / Liste de ressources pour les enfants et les adolescents

Armed with the wisdom of specialists and those who have "been there" themselves, readers with ADD can approach the prospect of college with confidence. This concise handbook is packed with practical information and advice to help students navigate the smoothest possible transition to college life.
FAM RJ 506 .H9 A33 2001

Addresses the particular concerns of adolescents diagnosed with attention deficit disorder and offers coping strategies as well as personal stories from teens with the disorder.
FAM RJ 506 .H9 Q55 1995

This delightful book combines humor with understanding to reflect the difficulties and joys of raising a child with ADHD and celebrates what it means to be considered ‘different’.
FAM RJ 506 .H9 H65 2009

With the help of her teacher and parents, Annie learns how to organize her desk, pay attention in class, and prepare her homework assignments.
FAM RJ 506 .H9 K72 2007

A story about Cory, a young boy who has ADHD, who explains some of the difficulties he has at home and at school. Solutions are presented to make life easier. Appropriate for ages: 6-11 years.
FAM RJ 506 .H9 K73 2005
This book is the story of a young girl who is affected by attention deficit disorder who describes her passion for people and countries around the world and the challenges she faces.
FAM RJ 506 .H9 B64 2008

Eddy is portrayed as a happy-go-lucky kid who doesn't see his affliction with ADHD as a problem, but rather as something that makes him special.
FAM RJ 506 .H9 B66 2007

Skippy, a youngster with ADHD, overcomes her frustration with her difficulties at school and at home after meeting Iris, the Green Dragon.
FAM RJ 506 .H9 G77 2006

The story about Joey J.J. Jones who doesn't fit in with other students because he has Attention Deficit Hyperactivity Disorder (ADHD).
FAM RJ 506 .H9 S57 2009

Ponctué de données instructives et de trucs efficaces, le journal imaginaire de Tom permet aux jeunes, aux parents et aux intervenants d'apprivoiser le trouble déficitaire de l'attention avec ou sans hyperactivité. Cette livre est indispensable pour mieux comprendre cette réalité.
FAM RJ 506 .H9 V55 2006

Filled with instructive information and effective hints, the imaginary journal of Tom helps children, parents, and education and psychology professionals overcome attention-deficit/hyperactivity disorder. Funny and imaginative, this book will help you understand the reality of kids living with AD/HD.
FAM RJ 506 .H9 V5513 2004

Resources for Learning, Schools and Teachers / Liste de ressources pour les professeurs

This book provides essential guidance for school-based professionals meeting the challenges of ADHD at any grade level. Comprehensive and practical, the book includes several reproducible assessment tools and handouts.
FAM RJ 506 .H9 D87 2003

Provides teachers with knowledge about ADHD, and arms them with a variety of strategies for dealing with ADHD students.
Web Sites / Sites internet

Helping Children and Youth with Attention Deficit and Hyperactivity Disorders – CHEO / Trouble d’hyperactivité avec déficit de l’attention – CHEO
http://www.cheo.on.ca/en/adhd2?mid

Attention Deficit Disorders – From the Canadian Mental Health Association / Les troubles déficitaires de l’attention – Association canadienne pour la santé mentale
http://www.cmha.ca/bins/content_page.asp?cid=3-99

ADHD - MedlinePlus from the U.S. National Library of Medicine

ADHD - American Academy of Child & Adolescent Psychiatry
http://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Facts_for_Families_Pages/Children_Who_Cant_Pay_Attention_ADHD_06.aspx

CHADD – The National Resource on ADHD
http://www.chadd.org

Kids Health – Information for Kids, Teens and Parents from the Nemours Foundation
http://www.kidshealth.org

Centre for ADD/ADHD Awareness Canada

Les troubles d’hyperactivité avec déficit d’attention – Naître et Grandir

Trouble déficitaire de l’attention avec ou sans hyperactivité – Site personnel D’Annick Vincent / Attention Deficit Disorder With or Without Hyperactivity (ADHD) – Personal Site of Annick Vincent
http://www.attentiondeficit-info.com/

Local Contacts / Liaison régionale

Idao-c - Learning Disabilities Association of Ottawa-Carleton
160 Percy Street
Ottawa, ON K1R 6E5
Phone: 613-567-5864
info@ldaottawa.com
http://www.ldaottawa.com/

Canadian Mental Health Association – Ottawa Branch / Association canadienne pour la santé mentale – section Ottawa
301 - 1355 Bank Street
Ottawa, ON K1H 8K7
Phone: 613-737-7791
Apps

ADHD Tracker 1.0 (for Apple products)
- From the American Academy of Pediatrics
- English
- Last Updated: May 2013
- From iTunes: This app is not a diagnostic tool. It can assist a healthcare team to monitor a child’s progress with ADHD treatment in school and at home, helping them gain a better understanding of how ADHD is impacting the child’s mental and physical health.
- Available from iTunes

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