

Top Resources for Families of Children with ADHD

Parent Education & Tools

- CHADD (Children and Adults with Attention-Deficit/Hyperactivity Disorder)
 - The go-to national organization for ADHD info, webinars, and local support groups.
chadd.org
- ADDitude Magazine
 - The gold standard for ADHD families. Practical advice on routines, school, parenting, medication, and emotional health.
additudemag.com
- Understood.org
 - Created for parents of kids with learning and thinking differences. Tools for IEPs, executive function, sensory needs, and more.
understood.org

Behavior, Routines & Emotional Regulation

- The OT Butterfly (@theotbutterfly) – Instagram + blog with tips on sensory strategies, emotional regulation, and OT support for ADHD
theotbutterfly.com
- Dr. Russell Barkley (YouTube & Books) – Leading researcher on ADHD; his parenting lectures are eye-opening and no-nonsense
[Russell Barkley ADHD YouTube](#)
- How to ADHD (YouTube Channel)
 - Engaging, neurodivergent-run videos that explain ADHD strategies in a fun, relatable way for both kids and adults
youtube.com/HowtoADHD
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Books That Actually Help

- Smart but Scattered by Dawson & Guare – Executive functioning strategies by age

- The Explosive Child by Ross Greene – For kids who melt down and don't respond to traditional discipline
- What Your ADHD Child Wishes You Knew by Dr. Sharon Saline – Written with the child's perspective in mind
- ADHD 2.0 by Dr. Edward Hallowell – Insightful, hopeful, and packed with tools

Community & Connection

- Facebook Groups
 - Parenting ADHD & Autism Together
 - ADHD Kids Support Group
 - Moms of ADHD Kids Unite
- Instagram Accounts
 - @parentingadhdandautism (Penny Williams)
 - @the_mini_adhd_coach
 - @thechildhoodcollective
- Podcasts
 - The ADHD Mama
 - Tilt Parenting Podcast
 - Parenting ADHD Podcast by Penny Williams

Local & Professional Support

- CHADD Directory – To find ADHD coaches, therapists, and educators near you
- School Counselor or 504 Plan Coordinator – To help with classroom supports
- Pediatric OT & Mental Health Therapists – For emotional regulation, executive function, and sensory support