

ADHD – Webliography – EDCG 630 Fall 2010

www.helpguide.org/topics/ADHD.html

Helpguide.org is a non-profit support website for people who need to learn to understand, prevent, and resolve many of life's challenges. Topics include ADD/ADHD, addiction, Bipolar Disorder, Eating Disorders, Schizophrenia, etc. The website provides a monthly newsletter that reinforces positive life outlook and strategies to live an optimistic life. The ADD/ADHD link provides information for both children and adults living with the disorder. The link provides parenting tips for parents looking for more information to help their children and also provides useful testing and diagnostic information. The website goes into specific details on the responsibility of the parent and doctor in order to provide their child with the best services they need. There is also helpful information regarding medication options and side effects of each medication, as well as information for those who do not want to medicate. Articles relating to each topic are also found on the right hand side of the web page if the parent would like to go into more specific details on the subject. This website seems to be useful and provides parents with useful advice for healthy living.

www.addresources.org/adhd_articles_parents.php

This is an ADD/ADHD resources information page. In order to access all the benefits you must join the membership program for \$45. This membership fee gives you access to information tools such as articles for adults, articles for parents, the ADHD bookstore, the quarterly newsletter, numerous podcasts, and more. The website also provides support group information to non-members as well as information for conferences and workshops for adults and parents. This website seems to be an all in one guide to benefit those in need of information on ADD and ADHD.

www.adhdnews.com

This website provides parents with information regarding symptoms of ADHD, ADHD Treatment, Message Boards, Blogs, Parenting Tips, 504 Rights for those with ADHD, and resources and articles to better assist those who live or have loved ones living with ADHD. A useful tool that this site has and many others do not, is an informational tool for those who were recently diagnosed with ADHD and it lists a glossary of terms related to the diagnosis. This website also provides a message board and places for people to share their stories and relate with others. This website seems to be a good start for those just learning and gathering information on ADHD.

<http://www.chadd.org/>

The CHADD website is a wonderful resource for parents of a child with ADHD. The website offers links for understanding the disorder, finding support, attending conferences /training seminars, and helping parents to understand their child. The site provides information to help parents to nurture their child and support a learning environment that is conducive to the child's needs. Interesting points about the website include the option for Spanish and a link for Adult ADHD. A parent would find comfort in learning about the disorder and how it effects adulthood. CHADD is a non-profit organization that serves individuals and their families with ADHD. The website's mission to provide support to parent's is most helpful- it emphasizes that parents are not alone.

Information for ADHD can be reached through the National Resource Center on ADHD (800-233-4050). For the annual conferences, an email to Conference@chadd.org will suffice. For the Parent to Parent educational program, the email address Parent2Parent@chadd.net is provided.

<http://www.adhdfamilyonline.com/public/main.cfm>

While this website is at first a bit disarming (immediately one is bombarded with an advertisement to purchase ADHD Support DVDs), the website remains a strong resource. Clearly organized, the Departments of this website include Feature Articles, Advocacy, Alternatives, Strategies, and Coaching Tips. There are forums to read, including ideas for Summer activities, clinical testing, nutrition, and medication. The resources are all available for download and many contain coaching clups. There is a Tip of the Week option (i.e. "Creating a Schedule That Works for us All" that many parents would find helpful. The experts who have founded the website have devoted a great deal of their professional lives toward learning and studying about the disorder. The website is a repository of articles and information that will be helpful, and honest, for parents raising children with ADHD.

http://helpguide.org/mental/adhd_add_parenting_strategies.htm

HelpGuide.org is a non-profit resource website with an exceptional page on parenting tips for a child with ADHD. This is a website I would provide to a parent who may just be learning that his child has ADHD. It is informative, basic, and reminds parents of the power of a positive attitude. This website advocates to parents that it is important to be knowledgeable about their child, but also to take care of oneself in order to take care of the child. As a primary message for

parents to hear, this is one they must. The website is easy to maneuver, with immediate suggestions (remove caffeine, decrease television time) and tips to establishing a structure and sticking to it. The website also offers links for parenting advice to the National Resource Center on AD/HD and other links for behavior strategies. This website is concise, knowledgeable, and will present a very stressful diagnosis in clear terms.

<http://www.additudemag.com>

This website is for a magazine for parents with child with ADD as well as for adults with ADD. One of the things I like the most of about this site is its versatility. The site is very user friendly, but at the top are subjects, and under each are the most common searches under each subject. One of things I liked was that was information on 504s as well as IEPs, containing materials they felt the parents should know going into the meetings. They also had write ups on other disabilities that sometimes go with ADHD such as depression, bipolar, and other learning disabilities. Along information on the disability itself, there is also a very broad area containing all of the treatments available. Within this section, there are links to the most popular prescription drugs, and the parent can click on any of drugs and it describes what the drug is, how to take it, and any possible side effects. The website also links references to medical sites that could be helpful for parents. In addition the users are welcome to join the site, which enables users to comment on articles, receive emails, and join a web community area where anyone can have discussions and advice from other people who are affected by ADHD.

<http://www.4-adhd.com>

This website is another site dedicated to the parents or young adults diagnosed with ADHD. The site features all of the different prescription drugs on the market to treat ADD, and links to give detailed information on each drug. It also gives a list of possible alternative methods to help people with ADHD focus at class or work. There a free "e-book" as well as other guides that designed to help parents learn the ins and outs of ADHD. Along with the "e-books" there are also links to support groups, medical facilities, research and other useful sites. In conjunction with the medical resources being linked in, there are also social ones as well, such as a number for summer camps, boarding schools, and activities. The website also talks about some of the other conditions that have an increased chance of occurring as well, such as obesity, depression, and insomnia. Within the article section, there are aides and advice to help parents get there students to do homework and eat healthy. The site also has important information, such as how to help kids get over the stigmatism of being ADHD, how their kid is more at risk to being bullied, and how to prevent the child from smoking and other harmful habits that ADHD kids are more at risk of doing.

<http://familydoctor.org/online/famdocen/home/children/parents/behavior/118.html>

This site is run by the American Academy of Family Physicians, which I believe gives it some credibility and validity in terms of a medical site for information on ADHD. As with the other sites, this site contains links and descriptions of all of the leading prescription drugs for ADHD. It also has parental guides to help parents modify behavior, get home work done, and helping the child deal with any bullying problems. This site is somewhat limited in the information that is offered, it focuses on the signs of ADD, and offering ideas about possible causes as well as what has been shown not to cause ADD. This particular website has links to the American Psychiatry Association and the American Academy of Child and Adolescent Psychiatry, along with several other links all of which are exclusive related to mental illness. This website covers the basics of ADD, but for parents having the medical part of the information should come from a reputable medical site.

<http://www.4-adhd.com/blog/>

This website would be of interest to parents of children with ADHD. The articles section of the website adds approximately ten new articles to the website a month from various health groups, education groups, and the medical field. This gives parents an opportunity to learn about the newest developments in the field. The resources section allows parents to learn about clubs, programs, and activities to enroll their ADHD student in. Also the websites blog is a good way to hear what other parents of students with ADHD are thinking and doing.

http://www.webmd.com/add-adhd/guide/ast_oneadhd-children

This website would be of interest to parents of children that may have or do have ADHD. The overview and facts of the website answer common questions about the disorder, lists cause and prevention strategies. The related anxiety and panic disorders section gives great explanations of other disorders so parents can determine if these are a more likely diagnoses for their children, or if they have these conditions in addition to ADHD. The common treatments for anxiety and panic disorders section seem to give an unbiased review of the different medical treatments available for people with ADHD. The anxiety and panic disorders guide gives parents a great amount of information on supports to use, treatments to consider, and how to live and manage with the disorder and with children with the disorder.

<http://familydoctor.org/online/famdocen/home/children/parents/behavior/118.html>

This family doctor website provides many of the same resources for parents as the webmd website. The section, ADHD: What parents should know, provides information on what ADHD is, what causes it, medical options, what to do for an ADHD child, and other information. The “what else can I do to help my child” section is particularly useful. Instead of recommending medications it gives parents very practical and simple strategies to help the home life of parents of children with ADHD and children with ADHD.

<http://www.ADD.org>

ADDA is an adult ADHD organization. This site has general information about ADD, resources and support, awareness and the news and latest information. It also has a directory of support groups for adults coping with ADD as well as parents that are available throughout the country.

www.newideas.net

This site is a wealth of information for anyone looking for information on ADHD. It includes information on testing, diets, medication and alternative treatment.

www.NCLD.org

This site includes information on all learning disabilities. It also has information on parent’s rights for their child. For AD/HD there is information and articles on signs your child may be exhibiting.

<http://www.healthcentral.com/adhd/understanding-adhd-161681-5.html>

This is a list of various celebrities who were diagnosed with ADHD, as well as notable doctors who have contributed to the study of the disorder who themselves were diagnosed with it. This is an important message to send to students with ADHD: this may be a disorder, but it is by no means debilitating.

<http://www.adhdnews.com/adhd-tips.htm>

ADHD News is a good website for a parent to read tips and information on the disorder.

<http://www.nimh.nih.gov/health/publications/attention-deficit-hyperactivity-disorder/complete-index.shtml>

This website is the online version of a detailed booklet that describes ADHD symptoms, causes and treatments. It also provides information to families on how to get/find help and coping strategies. The actual booklet version can be downloaded in a pdf format or can be purchased as a hardcopy. This booklet is filled with valuable information including: what is ADHD, what are some of the symptoms, what causes ADHD, and how is it diagnosed and treated. This website/booklet lists many of the common drugs used, it discusses psychotherapy, conditions that co-exist with ADHD, it provides information on how to work with your child's school in the event your child has ADHD or might exhibit some symptoms, and it discusses possible special needs. The booklet also goes into detail about adults and ADHD and provides a number of sources for further information. This would be a good place to start to learn more about ADHD for families that have a family member either with it, or exhibiting some of the symptoms.

<http://www.help4adhd.org/en/about>

This website is a tremendous resource for information regarding ADHD & ADD. The website is comprehensive in its breadth and depth of the subject matter. The website is well formatted and laid out. Its headers are divided into the following categories: About AD/HD, Diagnosis & Treatment, Dealing with Symptoms, Educational Issues, and Living with AD/HD. So it crosses many of the spectrums of daily living; living with AD/HD, dealing with schools, medications, diagnosis and treatment. It discusses the science behind AD/HD, some of the social issues, some of the myths of AD/HD and what is really interesting is under the educational segment, it discusses AD/HD for students and for the teacher. This would be a great place to start for families who have a family member with AD/HD, for teachers and educational administrators, and for situations regarding the legal or insurance systems.

<http://familydoctor.org/online/famdocen/home/children/parents/behavior/118.html>

This website would be a good place to go for parents who suspect that their child might have ADHD. This website is a good starter place with a menu down the left side of the website. It discusses certain topics such as: what ADHD is, what some of the symptoms are, what causes it and possible medications. It discusses options for what parents should do in the event they think their child has ADHD, and what parents can do to help. What I specifically like about this website is how it lists what does NOT cause ADHD. This website lists symptoms for kids who are ADHD inattentive, and kids who are ADHD hyperactive/impulsive. In each situation, a child must have six of the nine listed symptoms. For further more extensive information, this website has a series of links to more formidable resources such as Chadd.org, which makes this a good place to star; to get the basics and not be overwhelmed with all the science behind ADHD.

www.ldonline.org

They are the self-proclaimed “World’s leading website on Learning Disorders and AD/HD”. This website is not strictly about AD/HD, but is still a very good resource for families. The website is simple in its set-up and very easy to read. It gives you both a lot of basic and more in depth information on the disorder. Three separate sections are devoted to educators, parents, and students and allow each to understand AD/HD from their own perspective and how it affects them. Similar to the website above, there is an area devoted to online help. The help, in this case, is structured by sending questions in to three professionals – a psychologist, a lawyer, and education technology expert. Families can get professional advice without having to pay for it. A large benefit of this website is that it has an online media store. There are books, DVDs, CDs, and other forms of media for sale directed at teachers, parent, and students of various ages.

www.school.familyeducation.com

This is a basic website devoted to other educational needs other than AD/HD, but has a number of useful aspects. It mainly provides information, is not very interactive, and is directly mainly toward parents and teachers. Outside of the basic information, it offers some insight on what seeing a professional is like and what you should expect during a visit. They speak about a number of treatments for AD/HD – from most popular to least popular. There is also an in-school section that provides homework strategies, ideas for the best classroom environment for students with AD/HD, issues that may develop in school, and becoming involved in Special Education. On the other hand, there is an out-of-school section that offers information about

clubs and camps for kids with AD/HD. This section is devoted to connecting these students with each other outside of school. The next section is quiz based, to give parents a better understanding about the “typical” AD/HD child and if their own child fits that profile. There are a number of quizzes from various sources. There are also a number of other helpful resources for parents to help build their child’s confidence both in and out of the classroom. They provide various activities to help and skills to hone in on. They have a question and answer section based on commonly asked questions. The answers are often provided by a professional, whether it is a psychologist, lawyer, or other. The questions often pertain to education, family related issues, available services, and various types of programs that may help. Then lastly, there is a section that shares ideas from parents – including medications and building of social and academic skills.

<http://www.parenting.com/new/health-guide/adhd-attention-deficit-hyperactivity-disorder>

This article gives a complete overview of ADHD and different subtypes (predominately hyperactive-impulsive, predominately inattentive, and combined hyperactive-impulsive and inattentive). The article goes on to talk briefly about what each of these subtypes look like and the sorts of treatments a professional may recommend.

Parenting Magazine lists some general strategies for parenting ADHD students. The article also includes a very helpful summary of the rights that ADHD students have in school under federal law as well as some of the services that can be provided in accordance with the Americans with Disabilities Act.

The Parenting.com site might be a good starting point for parents looking for an overview of ADHD. It contains quite a few pages of information and much of the article focused on only giving an overview of ADHD. The site also lists a number of links to references and supports available to individuals with ADHD.

<http://www.russellbarkley.org/>

Russell A. Barkley, Ph. D. Is an internationally recognized expert on AD/HD. He is a professor of Psychiatry at the Medical University of South Carolina. He has specialized in ADHD for over 30 years and on his website, one can find:

Books and videos that one can purchase. Some examples of videos created by Dr Barkley include:

ADHD--What Can We Do? This program gives a variety of techniques for managing ADHD in the classroom and home.

ADHD in the Classroom

Strategies for Teachers-- while designed for teachers, it will educate parents on strategies that help students with ADHD succeed in the classroom.

Parents can sign up for the ADHD report that is published six times a year. It is written by Dr. Barkley and keeps parents abreast of the latest scientific information on ADHD.

There are also a multitude of research studies that can be printed and retrieved for free. Some of the more interesting are:

Taking Charge of ADHD, Revised Edition: The Complete, Authoritative Guide for Parents, Russell A. Barkley

<http://www.healthline.com/health/add-adhd-attention-deficit>

This website is titled the ADD/ADHD learning center. It gives a great overview of the ADHD disorder and how it is diagnosed. There is much information about symptoms and how ADHD is diagnosed. There is a huge amount of information on how someone is tested for ADHD; but the most valuable part of the website is on treatments. It not only discusses the varying types of medications (both stimulants and no stimulants), but gives an easy to use guide to most of the common medications. It also gives great information on therapy interventions; additionally it gives great information on behavioral interventions for both home and school.

There is also a section devoted to alternative treatments including yoga, nutrition supplements and other dietary changes that have been helpful to those who are diagnosed with ADHD.

This website is not hugely detailed but it gives straightforward information on this often misdiagnosed disorder and points parents in the right directions for more information as they grapple with their child's illness. There is whole section of the website devoted to resources /information on ADHD including informative newsletters and videos.

www.adhd.tv

This is an excellent website that has video podcasts discussing a number of different issues around ADHD. The title of the site is the "Video Podcast for all things ADD & ADHD." Some examples of the video titles are:

- The Diagnosis of ADHD
- ADHD and Driving
- ADD Overwhelm
- ADHD in Families: Talking ADHD in Boston

At various times, the site will run a FAMILY SUMMIT around ADHD. The website is created by Dr. Kenny Handelman. Dr. Handelman is a Child and Adolescent Psychiatrist, practicing just outside Toronto, Canada. He also has a blog on the same subject and generates newsletters and emails for interested subscribers. He is just one of many practitioners who feel that there is a lot of misinformation about ADHD. In his own words, "I deal with a lot of child, adolescent and adult ADHD in my practice. I began to realize that many people needed a lot more education about ADHD, so I began a newsletter at my website: [The ADHD Doctor](#).

www.aap.org/healthtopics/adhd

This is the official Web site of the American Academy of Pediatrics—an organization of 60,000 pediatricians committed to the attainment of optimal physical, mental, and social health and well-being for all infants, children, adolescents, and young adults. The information on the site is up-to-date and comes from the nation's leading child health experts and has scientific research supporting their recommendations. On the ADHD page, parents will find background information on ADHD, Tool Kits, information on the safety of pills for treating ADHD, and tips for using the home environment to manage ADHD.

<http://www.familyhopecenter.org/learn-more-about/addadhd/>

The Family Hope Center is an international center that provides hope for people with developmental delays and special needs. It focuses on different types of disabilities and offers seminars to families. It also describes the characteristics of different types of disabilities and provides videos of hope.

http://www.educationworld.com/a_issues/issues148c.shtml

Education World is a for profit web site that was created to support teachers. It has several links and stories about ADHD and most importantly offers different strategies for how teachers can help students with ADHD. It does reference CHADD and the American Academy of Pediatrics so it has many links for families to view.

<http://school.familyeducation.com/add-and-adhd/decision-making/34400.html>

This website is an information and discussion site for families regarding issues and information surrounding their children's education. It provides many links for information about the debate between medicating or not and some personal reviews and experiences and some expert advice. Pearson Education developed the site.

<http://www.medicalnewstoday.com/sections/adhd>

This site has many different things on ADHD some of these are studies, information, new findings, theories and ideas.

The studies are up to date the news on studies and new information is so up to date that on the day this was written there was a news report on ADHD that was dated the same day. A problem with the news that I found is the fact that there are some links that are listed twice. There are such links on what in the brain is the reason for ADHD. One of the interesting theories is that a "Gene Linked To ADHD Allows Memory Task To Be Interrupted By Brain Regions Tied To Daydreaming".

There is also news on FDA findings and new medication that is approved as well as warnings. One problem is that because there is so much information someone who is new to understand ADHD may wish to be careful to understand studies are not always proof of something.

There are also four videos on the site that cover the following: What is Childhood ADHD, Treating Childhood ADHD, What is Adult ADHD and Treatment Risks in Adult ADHD.

<http://www.mayoclinic.com/health/adhd/DS00275>

The mayo clinic site on ADHD is a site for those looking for basic information on ADHD.

The site has a basic set of links from symptoms to risk factors to treatment both with drugs and without drugs. This is one site that seems to be fairly balanced in terms of drugs vs no drugs, the site seems to respect both choices and offers ideas for both options.

The section that covers tests and diagnoses is very detailed. It goes through these two steps by breaking them down into many smaller steps. The page explains the reason for the different parts of test, their functions and what other things could effect the tests. The way it is explained is in very basic language that anyone could understand. At the end of this section there is a chart that shows what four different types of doctors are able to do what. This maybe

very helpful for parents that maybe looking to a family doctor for all the answers, but as listed counseling may not be offered by a family doctor.

The most important part of this section is I believe is the following statement “No single test for ADHD exists, which can make the disorder difficult to diagnose. Gathering as much information as possible about your child is the best way to get an accurate diagnosis and rule out other possible causes of your child's symptoms”.

Along with resources that are listed on the site itself there is a list of links to other such resources and groups.

<http://www.healthcentral.com/adhd/>

HealthCentral.com is a comprehensive resource for ADHD literacy, where much of the information from AACAP and HelpGuide.org is similarly covered. This information is categorized in the sitemap (scroll down to the link at bottom right-hand side of page).

The high correlation ADHD with other learning disabilities and disorders seems especially relevant. Healthcentral’s section “Other Disorders Associated with ADHD” (http://www.healthcentral.com/adhd/understanding-adhd-000030_5-145.html) goes a little more in depth than AACAP’s, giving some more information about individual disorders that “may mimic or accompany attention-deficit disorder.” The list includes: central auditory processing disorder, hearing problems, bipolar disorder, anxiety disorders, sleep disorders, and other genetic disorders.

<http://www.cdc.gov/ncbddd/adhd/>

This site comes for the Center of Disease Control and Prevention which is an organization that was created to join expertise, information and tools that people and communities need to protect their health. It is very informative and is a resourceful site for someone who would like a full overview of ADHD. It offers the facts, symptoms, data and statistics, recommendations, free educational material, links to other websites and education and training.

<http://www.webmd.com/add-adhd/default.htm>

This comprehensive website provides visitors with a variety of different ways to learn about ADHD. Visitors have the opportunity to read news relevant to ADD and ADHD, to view videos, to participate in community message boards, to read various questions and answers, and to investigate terms related to ADD and ADHD. There is an “ADHD Guide” that provides an overview and facts about ADHD, symptoms and types of ADHD, diagnosis and tests, treatment and care, home remedies, and resources for finding help. The resource page provides links for ADHD communities and organizations, as well as links for finding doctors and therapists. The site provides a visually friendly slideshow with a sidebar that depicts adult ADHD and includes links to articles that highlight “Hot Topics in ADD & ADHD.” Additionally, there is a section of videos with a link to a video library so that visitors may investigate topics pertaining to ADHD such as “Managing your ADHD” and “New Programs for Kids with ADD.” If interested, visitors may sign up for WebMD’s ADD/ADHD newsletter, which provides tips and the latest information pertaining to the topic.

<http://www.healthyplace.com/adhd/menu-id-53/>

Healthyplace.com populates its site with information pertaining to psychological disorders, psychiatric medications, and other mental health treatments. The information presented on the site is produced by writers employed by HealthyPlace.com and because they are not doctors, therapists, or medical professionals their work is reviewed for medical and mental health accuracy by the Healthyplace.com’s Medical Director, Dr. Harry Croft. The site’s ADHD Community page includes popular community articles, as well as links to You Tube videos that cover a variety of topics, including the effect of food & preservatives on ADHD, how ADHD affects the brain, personal stories of people living with ADHD, children with ADHD, and even a clip of a NASA video game training for ADHD. The site provides a wealth of information in the form of “Quick Links,” allowing visitors to read about ADHD, including types, causes, diagnosis, and treatments. It also provides a link to a quick ADHD screening test and addresses some of the controversy surrounding ADHD. The left side-bar also includes links to other ADHD websites as well as links to various informational resources such as books, clinical trials, conference transcripts, resources and hotlines, and videos about ADHD. HealthyPlace.com also offers a social network through their ADHD Support Network, which allows those struggling to understand ADHD and manage it in within their own life to communicate with others who have similar experiences and can serve as resources and sources of comfort.

<http://www.adhdsupport.com/>

Patients and Caregivers may call the Shire Customer Service Center toll-free at 1 (800) 828-2088, M-F 8:30 AM to 5:00 PM ET. For further clinical information on Shire products, US health care professionals may call Shire Medical Information toll-free at 1 (800) 828-2088.

ADHDSupport.com promotes itself as providing “help for ADHD, AD/HD, and ADD,” and includes a link for “what’s the difference?” so that visitors understand how the site uses each term. The homepage presents information in the form of a roadmap, allowing visitors to click on one of 3 options. The first stop on the roadmap is a link to “Help Starts Here.” This page details real ADHD stories and includes links on the left-hand sidebar depicting different help options, three subtypes of ADHD, the different types of professional assistance available, how to choose a healthcare provider, ADHD evaluation expectations, ADHD gender differences, and ADHD in adults. There is also a link to an ADHD Resource Center that allows visitors to read about “ADHD Discussion Guides and Symptom Checklists”, “Educational Help,” and “Organizational Strategies and Tips.” The second stop on the roadmap is at “A Plan in Place: ADHD Treatment.” This page depicts different ADHD treatment stories, as well as links to treatment options, the science behind treatment plans, ADHD in adults, different behavior and modification strategies, professional ADHD coaches, and understanding the rights for students with ADHD under the educational system. It also includes a link to www.help4adhd.org, which outlines the “Educational Rights for Children with AD/HD in Public Schools.” The final stop on the roadmap brings visitors to “Stay on Track: Science is on Your Side,” where they may learn about the history of ADHD and read articles that discuss the skepticism surrounding ADHD as well as success stories. There is also a link to “Frequently Asked Questions” and this page provides an abundance of information as well as links to other resources. Visitors are also given the opportunity to sign up ADHD Support’s “Roadmap to Success” program, which provides emailed tips and tools designed to help recipients understand and cope with ADHD in their own life.

http://www.athealth.com/Consumer/disorders/nichcy_adhd.html

The purpose of this website is to provide information regarding ADHD, as well as a case study of a young student (Mario, 10) who exhibits many characteristics identified with ADHD. There are also tips for parents and teachers, as well as a listing of additional resources for families with a member who has ADHD. This is a useful website because it provides straightforward information and a case-study which can be used as a reassurance to parents with children who have ADHD and are struggling to understand them.

<http://www.adhd1.net/>

This website provides information on the symptoms, prevalence and treatment of ADHD. There are tips for parents, a forum for discussion with other parents, and a forum for asking questions directly to the creator or the website, and expert on ADHD, Samuel R. Caron, Ph.D. Unlike other websites, the ability to ask questions directly to the expert is very useful to parents, families and teachers of children with ADHD. Many may feel alone and isolated and through this website, will have access to someone who is able to reassure them and answer any immediate or lingering questions they may have.

<http://school.familyeducation.com/learning-disabilities/add-and-adhd/34474.html>

Familyeducation.com provides an answer to the question, “What is ADHD (Attention Deficit Hyperactivity Disorder), and how does it affect kids?” There is links to facts about attention deficit disorders, information about medications, expert advice, and ideas on how to best to help your child succeed in and out of school. There is also links to ideas from other parents and ideas for effective strategies for understanding and working with a child who has ADHD.

This website also includes a section of quizzes, in order to ascertain whether symptoms exhibited by a child fit the profile for ADHD. The quiz section is unique, as are the symptoms observed and exhibited by each child. There are no “cookie cutter” examples of ADHD, and this website enables those who access it to better understand this concept.

http://www.addresources.org/adhd_articles_parents.php.

<http://newideas.net/adhd/parenting-adhd/ten-parenting-tips>

<http://add.about.com/od/adhdthebasics/a/riskfactors.htm>

<http://video.about.com/add/ADHD.htm>

<http://add.about.com/od/evaluationanddiagnosis/a/dsmcriteria.htm>

<http://www.diseaseproof.com/archives/cat-adhd.html>

<http://www.suite101.com/content/teaching-the-adhd-child--part-1-a5768>

<http://www.thetotaltransformation.com/attention-deficit-disorder.aspx>

[https://health.google.com/health/ref/Attention+deficit+hyperactivity+disorder+\(ADHD\)](https://health.google.com/health/ref/Attention+deficit+hyperactivity+disorder+(ADHD))

<http://www.healthyplace.com/adhd/diagnosis/genetics-of-adhd-adhd-in-families/menu-id-53/>

http://www.addresources.org/article_adhd_families_hallowell.php

<http://www.adhdfamilyonline.com/>