

## ADHD Resources

### Online Resources:

- ADDitude Magazine – Inside the ADHD mind at <https://www.additudemag.com>
- CHADD – Children and Adults with Attention-Deficit/Hyperactivity Disorder at <https://chadd.org/>

### Good Books:

- More Attention, Less Deficit by Ari Ruckman, PsyD, MBA
  - Recommended book for Adults with ADHD. This book offers you the ability to jump to the chapters that you are interested in and go back to others as needed.
- A Radical Guide for Women with ADHD by Sari Solden, MS and Michelle Frank, PsyD
  - Available in Audiobook, and paperback workbook

### Podcasts:

- Take Control: The ADHD Podcast with host Nikki Kinzer ad certified ADHD coach
- I have ADHD with host Kristen Carder, an ADHD life coach

### Five Ways to Help Students with ADHD Thrive in a Classroom

1. Enhance understanding
2. Focus on routines
3. Offer Multisensory directions
4. Provide ample opportunities for physical movement
5. Advocate for robust screening

Read the full article from Pearson at <https://www.k12dive.com/spons/5-ways-to-help-students-with-adhd-thrive-in-the-classroom/>

## Additional Resources for Highly Sensitive People

### Understanding a Highly Sensitive Brain

- Dr. Elaine Aron website at <https://hsperson.com/>