



CHILD, ADOLESCENT, AND YOUNG
ADULT CONNECTIONS (CAYAC)

Parent Education Series – ADHD Resources
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General Parenting Resources

- *The Whole-Brain Child* by Siegel and Payne Bryson
- *No-Drama Discipline* by Siegel and Payne Bryson
- *Raising Human Beings* by Ross Greene
- *The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children* by Ross Greene (for challenging behaviors)
- *Siblings Without Rivalry: How to Help Your Children Live Together so You Can Live Too* by Adele Faber & Elaine Mazlish (supporting your children's relationships with each other)

ADHD Specific Resources

- *The Family ADHD Solution: A Scientific Approach to Maximizing Your Child's Attention and Minimizing Parental Stress* by Mark Bertin
- *Mindful Parenting for ADHD: A Guide to Cultivating Calm, Reducing Stress, and Helping Children Thrive* by Mark Bertin and Ari Tuckman
- *The Kazdin Method for Parenting the Defiant Child* by Alan Kazdin
- *Your Defiant Child: Eight Steps to Better Behavior, 2nd Edition* by Russell Barkley & Christine Benton
- *Your Defiant Teen: 10 Steps to Resolve Conflict and Rebuild Your Relationship* by Russell Barkley, Arthur Robin, & Christine Benton
- www.CHADD.org
- www.adhdlectures.com