

ADHD Resources:

Dr. Russell Barkley: ADD/ADHD Expert, ADHD research, science, parenting, daily life
www.youtube.com/results?search_query=russell+barkley

Dr. Russel Barkley's 30 Essential Ideas on ADHD. This is a perfect place to start!
youtube.com/playlist?list=PLzBixSjmbc8eFI6UX5_wWGP8i0mAs-cvY

Penny Williams, Parenting Coach/Neurodiversity Educator
Podcasts, Summits, classes, information
<https://parentingadhdandautism.com/>

ADDitude Magazine Webpage:
Tons of free resources and educational material
www.additudemag.com/

"How To ADHD"- YouTube

Playfully presented, very practical information rooted in science and research.
www.youtube.com/results?search_query=how+to+adhd

Managing Meltdowns

<https://www.parentmap.com/article/laura-kastner-tantrum-anxiety-tips>

Free ADHD/ADD Resources/Evaluations

<https://addfreesources.net/screening-evaluation-forms/>

Moms With ADD/ADHD

<https://www.additudemag.com/tag/moms-with-adhd/>

Specialized Music Lessons for people with ADHD
www.benrauchmusicstudio.com

The ADD Resource Center

<https://www.addrc.org/resources/>

SNAP ADD/ADHD Teacher Parent Rating Scale

<http://www.myadhd.com/snap-iv-6160-18sampl.html>

ADHD Home Rating Scale

<https://www.samhealth.org/-/media/SHS/Documents/English/323-Mental-Health/ADHD-Home-Version-323.ashx?la=en>

ADHD Self Report for teenage females

<https://aaa.unl.edu/2015Conference/Presentations/AllHandouts.pdf>

Dopamine & ADHD/ Dr.Blum

<http://www.blogtalkradio.com/attentiontalkradio/2014/03/27/dopamine-the-reward-neurotransmitter-and-its-role-in-adhd>