

Resources and references



INTERNET RESOURCES

As with all research on the Web, we advise you to verify the credibility of the sources of the information. Here are some interesting sites:

www.aacap.org

American Academy of Child & Adolescent Psychiatry

www.aap.org

American Academy of Pediatrics

www.add.org

Attention Deficit Disorder Association (ADDA)

www.addvance.com

Answers to your questions about ADD (ADHD) by Patricia O. Quinn, M.D. and Kathleen Nadeau, Ph. D.

www.addwarehouse.com

A.D.D. Warehouse, on-line catalog of AD/HD resources

www.aqeta.qc.ca

Learning Disabilities Association of Quebec (LDAQ)

www.associationpanda.qc.ca

Parents Able to Negotiate AD/HD

www.caddac.ca

Center for ADD/ADHD Advocacy, Canada

www.caddra.ca

Canadian ADHD Resource Alliance

www.chadd.org

Children and Adults with Attention Deficit/Hyperactivity Disorder

www.ldac-taac.ca

Learning Disabilities Association of Canada

www.ldanatl.org

Learning Disabilities Association of America

www.myadhd.com

Provides rating scales and history forms that can be electronically transmitted, and over 100 treatment tools for use in your home, school, or practice

www.nichcy.org

National Dissemination Center for Children with Disabilities

www.ordrepsy.qc.ca

Ordre des psychologues du Québec



Consult Dr Annick Vincent's website for other suggestions, tools, books and links to many AD/HD support groups around the world.

www.attentiondeficit-info.com

BOOKS ABOUT AD/HD

Barkley, R. A. (2000). *Taking Charge of ADHD: The Complete Authoritative Guide for Parents*. New York: Guilford Press.

Gordon, M. (1992). *I Would If I Could*. DeWitt, NY: GSI Publications.

Hallowell, E. M., and Ratey, J. J. (1995). *Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood through Adulthood*. New York: Simon & Schuster.

Jensen, P. S. (2004). *Making the System Work for your Child with ADHD*. New York: Guilford Press.

Nadeau, K. G., Littman, E. B., and Quinn, P. (1999). *Understanding Girls with AD/HD*. Silver Spring: Advantage Books.

Nadeau, K.G. (2006). *Survival Guide for College Students with ADHD or LD*. Washington, DC: Magination Press.

Nadeau, K. (1998). *Help4ADD@High School*. Silver Spring: Advantage Books.

Phelan, T. W. (2003). *1-2-3 Magic*. Glen Ellyn, Illinois: ParentMagic Inc.

Pinsky, S. C. (2006). *Organizing Solutions for People with Attention Deficit Disorder*. Beverly, MA : Fair Winds.

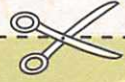
Quinn, P.O., Ratey, N.A., Maitland, T.L. (2000). *Coaching College Students with AD/HD, Issues and Answers*. Washington D.C.: Advantage Books.

Vincent, A. (2010). *Mon cerveau a besoin de lunettes: Vivre avec l'hyperactivité*. Montréal, Les Éditions Quebecor.

Vincent, A. (2010). *Mon cerveau a ENCORE besoin de lunettes: Vivre avec l'hyperactivité*. Montréal, Les Éditions Quebecor.

Vincent, A. (2007). *My Brain STILL Needs Glasses: Living with Hyperactivity*. Québec: Impact! Éditions.





TIPS



Tips, tricks, and more tips... To help you remember all the tips that Tom suggested in his journal, here is a summary that you can cut out and keep with you.

Everything has its place. Learn to organize your environment well. Sort and put away your stuff in boxes, drawers or baskets. Use tags and labels. You'll be able to find your things more easily afterward!

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Find tools to help you remember important information. Draw or write down the things you don't want to forget in a notebook or pin them on a bulletin board.

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Avoid getting scatterbrained! Every time you have to do a task, take the following steps: 1) break down the task into shorter little steps; 2) do the most important steps first; 3) give yourself reasonable deadlines and stick to them; 4) congratulate yourself when you succeed and give yourself rewards when you can (for example, more time for an activity that you love).

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Know yourself! Watch yourself and try to find the conditions in which you work best. In silence? With soft music? While sketching?

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Tidal wave of emotions in sight? Don't hesitate to take a little break to relax and loosen up. You will feel better taking a step back instead of letting yourself be overwhelmed by emotions.



Having a routine has its benefits! Set up a routine for your daily life and stick to it. This will help you to stay organized and you'll feel more in control.

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Let's get organized! Color codes, lists, memos, calendars and note cards will all help you to remember important tasks. That way you'll get organized more efficiently.

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I move, you move, he moves... Channel your need to move by doing exercises and practicing sports. You'll feel less restless the rest of the time.

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Waste your time? No way! Equip yourself with devices for measuring time: a watch, an alarm clock, an hourglass...

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Solve a problem? No problem!

Here are some useful steps toward solving problems:

1. Define the problem.
2. Make a list of possible solutions.
3. Choose a solution.
4. Apply the chosen solution.
5. Evaluate the impacts of that solution.
6. If necessary, redo the process by choosing another solution.

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Surround yourself with positive people who help you. Highlight your accomplishments. Be proud of who you are and what you do.

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A colorful life! Find ways to add spice to your daily life: colors, music and humor are all wonderful ways to make your life... really great!