

Parenting

13.6 

Date:

Title: **Understanding A.D.H.D –
A Parents guide**

Author(s): **Dr Christopher Green &
Dr Kit Chee**

Publisher: **Vermilion**

Year: **1997** ISBN: **9780091817008**

This book, written by two Australian paediatricians, is geared towards parents, teachers and health professionals. It aims to provide essential facts and up to date research evidence on ADHD. It is written in clear, readable and at times humorous style.

Includes chapters on:

- Identifying Attention Deficit Hyperactivity Disorder in your child
- Practical strategies to help with common problems associated with ADHD
- Medication

271 pages

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Understanding Adult ADHD. By Heidi Bernhardt, RN. "What You Need to Know About ADHD" is a concise overview of Adult ADHD in booklet format that can be downloaded, printed and shared with anyone interested in adult ADHD, newly diagnosed, or considering assessment for Adult ADHD. English French. Some ADHD symptoms, such as outward hyperactivity, may decrease throughout the life cycle however many adults still describe a consistent feeling of internal restlessness.