

Resource List for Parents/Carers

Neurodiversity Sheffield information leaflets

A series of information leaflets that offer a clear and concise overview of ADHD, emotional and behavioural aspects, and strategies to support. These link to the other support offered by **Neurodiversity Sheffield** and can be shared with children and young people to develop their understanding of ADHD. [Click here to access.](#)



The ADHD Foundation: Understanding and supporting my Child's ADHD

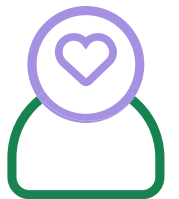
A comprehensive and informative guide that is suitable for parents/ carers of children from both younger and older age groups. This booklet has specific sections for teenagers, girls, and sleep, amongst others. [Click here to access.](#)

Stories That Never Stand Still by people with ADHD for people with ADHD

An inspirational collection of stories, support and lived experience. Probably most suited to secondary age group and older. Adults, parents, and professionals would also find this a helpful resource. [Click here to access.](#)

Family Mindfulness Schedule – Therapist Aid

Information sheet outlining how to implement mindfulness techniques throughout the day as a family. [Click here to access.](#)



Wonderfully Wired Brains – An introduction to the world of neurodiversity by Louise Gooding

An engaging book suitable for children 7+ years and adults to help develop understanding of neurodiversity. It presents an overview of brain structure and functions followed by clear and accessible descriptions of a wide range of conditions including ADHD and Autism. The final part of this book gives a helpful historical and cultural perspective on neurodiversity.



The Effective ADHD Parenting Guide

An accessible book with a mixture of theory and research backed strategies to support parents and carers. This book outlines 15 key strategies to support mindful ADHD parenting. Suitable for parents of children and young people of all ages.

All Dogs Have ADHD by Kathy Hoopman

A heartwarming and humorous book which combines characteristics of ADHD with photos of dogs. Accessible for all ages, this book can be a good discussion starter for children and young people.



Using Praise – Therapist Aid

A concise and simple overview of using praise and positive parenting to support positive changes in behaviour. This includes helpful scripts to get you started thinking. [Click here to access.](#)

SENDIAS support leaflet

A comprehensive guide to SEND (Special Educational Needs and Disability), including information from SEND Code of Practice and the assess to review cycle of support in schools. [Click here to access.](#)



Famous people with ADHD

A website with detailed information about several famous people with ADHD. Helpful for parents/ carers to look at together with children and young people 7 years and older. [Click here to access.](#)

The Stress Bucket – Young Minds

A practical resource to help children and young people develop healthy coping strategies by recognising what can cause them stress and what activities can help them release this. [Click here to access.](#)



The Iceberg – Ambitious about Autism/Additude

A helpful visual aid to understanding the complexities of observed behaviour and what these might be communicating. [Click here to access.](#)

This Additude Iceberg relates directly to ADHD experiences. [Click here to access.](#)

