

Lending Library Resources Available through the Child and Family Development Program

These books are available through our program's lending library.
To borrow a book, please call/text Sophia Brown, LCSW at 959-256-6078.

LINKS FOR PARENTS:

The Science of Making Friends: Helping Socially Challenged Teens and Young Adults (Laugeson)

Ready for Take-Off: Preparing Your Teen with ADHD or LD for College (Maitland & Quinn)

Smart but Scattered: The Revolutionary "Executive Skills" Approach to Helping Kids Reach Their Potential (Dawson & Guare)

Smart but Scattered Teens: The "Executive Skills" Program for Helping Teens Reach Their Potential (Guare, Dawson & Guare)

Understanding Girls with ADHD: How They Feel and Why They Do What They Do (Nadeau, Littman, & Quinn)

Helping Your Anxious Child: A Step-by-Step Guide for Parents - Third Edition (Rapee, Wignall, Spence, Cobham & Lyneham)

Your Defiant Child: Eight Steps to Better Behavior (Barkley & Benton)

Your Defiant Teen: 10 Steps to Resolve Conflict and Rebuild Your Relationship (Barkley, Robin & Benton)

Taking Charge of ADHD: The Complete, Authoritative Guide for Parents-4th Edition (Barkley)

LINKS FOR TEENS:

Preparing for Life: The Complete Guide for Transitioning to Adulthood for Those with Autism and Asperger's Syndrome (Baker)

On Your Own: A College Readiness Guide for Teens With ADHD/LD (Quinn & Maitland)

The Girls' Guide to AD/HD: Don't Lose This Book! (Walker)

LINKS FOR KIDS:

Learning To Slow Down & Pay Attention: A Book for Kids About ADHD (Nadeau & Dixon)

Helpful Website Links for Parents:

ADHD

<https://chadd.org/understanding-adhd/adhd-fact-sheets/>

<https://chadd.org/about/about-nrc/>

<https://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/index.shtml>

Homework Organizational and Planning Skills (HOPS) & Promoting Adolescent School Success (PASS) Program

<https://pass.vcu.edu/>