



## Resource List for Parents

Supporting a child with **ADHD or executive function challenges** can feel overwhelming, but **you're not alone!** Below is a **curated list of trusted resources**, including **communities, books, and expert articles** to help guide you on this journey.

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### Online Communities & Support Groups

✓ **CHADD (Children and Adults with ADHD)** – Research-based resources, webinars, and local support groups.

 [www.chadd.org](http://www.chadd.org)

✓ **ADDitude Magazine Community** – Online forums and expert articles on ADHD strategies for kids and adults.

 [www.additudemag.com](http://www.additudemag.com)


✓ **Parenting ADHD & Autism** – Practical coaching and parent support community by Penny Williams.


 [www.parentingadhdandautism.com](http://www.parentingadhdandautism.com)

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### Must-Read Books

 **The Explosive Child** – Dr. Ross Greene (*Collaborative problem-solving for emotional regulation*)


 **The Whole-Brain Child** – Dr. Daniel Siegel & Tina Payne Bryson (*Understanding emotional development*)

 **Smart but Scattered** – Dr. Peg Dawson & Dr. Richard Guare (*Executive function strategies*)

 **Taking Charge of ADHD** – Dr. Russell Barkley (*Evidence-based ADHD parenting techniques*)

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### Expert Articles & Free Guides

 **ADDitude Magazine ADHD Guide** – Downloadable parent-friendly strategies.

 [ADDitude ADHD Parenting Guide](#)



📌 **Understood.org** – Interactive tools and strategies for learning and attention differences.

🔗 [www.understood.org](http://www.understood.org)

📌 **The ADHD Dude** – Practical advice and coaching strategies for parents raising kids with ADHD.

🔗 [www.adhddude.com](http://www.adhddude.com)

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### 💡 Want More Personalized Guidance?

Book a **free 30-minute consultation** to get **tailored strategies** for navigating ADHD, executive function challenges, and emotional regulation.

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[Schedule Here](#)

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### Empower • Educate • Elevate

✉ **Contact:** [TrottaLearningSolutions@gmail.com](mailto:TrottaLearningSolutions@gmail.com)

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**Knowledge is power!** The more you **learn**, the better equipped you are to **support your child's** growth and success.

💙 Which resource will you explore first?

*Warmly,*

*Tom*