



### **Books that explore ADHD for Parents and Carers**

- Your Child is Not Broken - Heidi Mavir
- Dirty Laundry - Richard Pink and Roxanne Emery
- Calm The Chaos – Dayna Abraham
- Beyond Behaviours – Mona Delahooke (not ND specific but relevant)
- The Explosive Child - Dr Ross Greene (not ND specific but relevant)
- Different, Not Less - Chloe Hayden
- ADHD 2.0 – Edward M Halliwell
- Understanding ADHD in Women and Girls – Joanne Steer
- ADHD is our Superpower – Soli Lazarus
- We would also recommend the teen/tween book list for parents/carers.

ND = Neurodivergent

*Please note, we do our best to signpost to neuroaffirmative websites, resources and pages. Please do contact us if any of the websites, resources or pages from this list do not meet this standard. This list is not exhaustive.*