



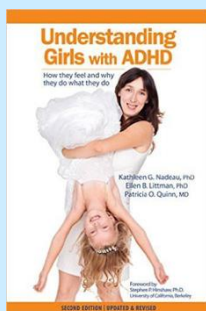
**The ADD-vantage**  
Specialist ADHD support services  
Great minds think alike, brilliant minds think differently

## Resources for Girls with ADHD

### For all things ADHD:

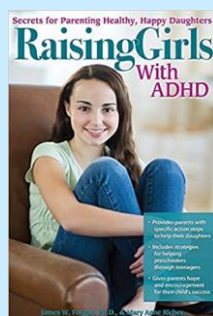
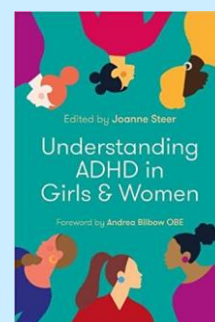
**On-line resources:** The information hub **ADDitude** has a wealth of articles, webinars and downloads on many aspects of ADHD. The contributor's work is all peer reviewed, and they are widely respected as leaders in their fields. This is a very reliable source of information that can be trusted. The articles are short and accessible, they also offer webinars and other online events to support you on your journey.  
<https://www.additudemag.com/>

### For ADHD in Girls especially:



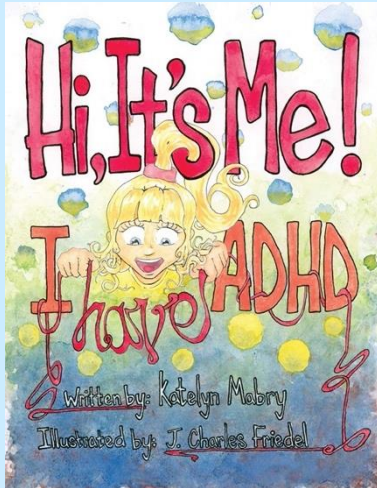
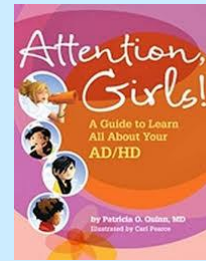
To understand your ADHD daughter this book is a 'must have'; **'Understanding Girls with ADHD'** by K Nadaeu, Ellen Littman and Patricia Quinn (US based). It documents how ADHD manifests in girls at the different stages of their development. The authors are doctors considered to be leading experts in the female presentation. There is also a self-report rating scale which captures the typical female ADHD behaviours, helpful to complete with a girl you suspect of having ADHD to capture her experience.

Edited by Joanne Steer – **Understanding ADHD in Girls and Women** (UK based) provides comprehensive information about available support for women and girls with ADHD and tips for clinicians and professionals who work with them. This book arms professionals, parents and women themselves as it maps out where to go for information, who can help and how to understand ADHD better. It explains routes to assessment and diagnosis for girls and young women, how to access support in education and available treatments.



**Raising Girls with ADHD** by J Forgan and M A Richey (US based). Accessible, easy to read, dip in and out of. Practical age-appropriate tips for home and school from pre school to teenage years.

A good book to give to your daughter would be 'Attention Girls' by Patricia Quinn. I would suggest a girl could read this herself from around 11 years old, and before that you may want to read it with her. Accessible, with lots of practical tips, stories from other girls with ADHD to relate to, well presented and 'chunked'.



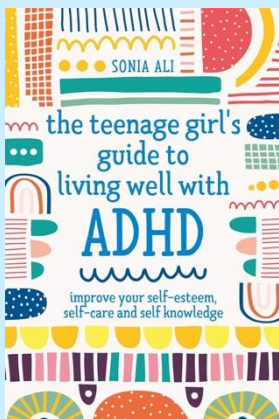
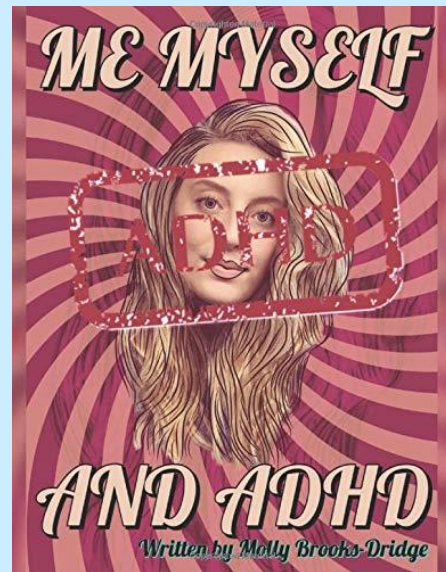
For a younger girl 'Hi, its me! I have ADHD' by Katlyn Mabry is a really lovely book, beautifully illustrated, including some 'top tips' from the author who was diagnosed with ADHD when she was 8 years old.

The same woman has a great podcast aimed at children with ADHD called 'Journey with me through ADHD' which is well worth a listen too.

<https://journeywithmethroughadhd.libsyn.com/>  
She has Insta and FB accounts under this name as well, so you can become part of her community.

### Me, myself and ADHD by Molly Brooks-Dridge.

Molly says this book is about her 'crazy life experiences with ADHD. It's going to be an honest and raw insight into my school life, along with some really embarrassing, rebellious school topics that you usually wouldn't tell your parents... (sorry MUM and DAD if you're reading this) My goal for this book is to help You..if you're reading this book for any reason, whether you're a parent, carer or even a teacher, I was to create more of a diverse understanding of how ADHD can feel, how MUCH it can affect our daily lives' Molly has a great Instagram account, she creates brilliant graphics that capture the experience of ADHD and offer insight and advice.



### The Teenager Girl's guide to Living Well with ADHD by Sonia Ali.

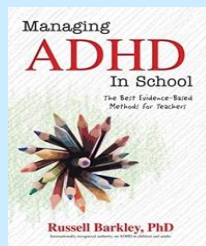
This book is full of tips, tricks and life hacks, reflection activities and quizzes will help your girl better understand herself and learn strategies on how to manage the intense emotions of rejection sensitivity. Great info on the fundamentals of great self-care and how to look forward to life beyond school. Well suited for the ADHD brain – there are quick chapter summaries, that let you pick which sections are most relevant to you right now. The strategies and visuals are designed with the ADHD brain in mind and can be used with support from parents, mentors and teachers.

Jessica McCabe has a YouTube channel – ‘**How to ADHD**’, short engaging videos on every aspect of living with the condition. Jess has ADHD herself and really understands how to live well with it. Some material might be helpful as a resource for sharing with friends / family about the nature of the condition.

[https://www.youtube.com/channel/UC-nPM1\\_kSZf91ZGkcgY\\_95Q](https://www.youtube.com/channel/UC-nPM1_kSZf91ZGkcgY_95Q)



If you need ideas for what support to ask for in the classroom for your daughter, **Russell Barkley’s book ‘Managing ADHD in the Classroom’** gives lots of excellent suggestions and it is not too heavy. I would suggest discussing how she experiences the classroom herself, so you can work out where the barriers might be, then in collaboration with her, choose the strategies that fit the best to address that need.



There are lots of **great Instagram accounts**, raising awareness, sharing excellent and helpful information. I would recommend @adhd\_femme\_collective, @adhdcouple, @additudemag, @mollys\_adhd\_mayhem, @adhd\_girls, @authenticallyadhd – but do not be limited to these!

### Parent Coaches

For parents of girls KS1-3 a parent coach can be really helpful. Both my family and I benefited from the coaching we had. The coach meets you where you are, in your current situation and works with you to achieve the changes you need at home. I recommend coaches with lived experience of ADHD and raising children with ADHD, and both of these ladies are exceptionally good and highly experienced coaches:

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