



# Resources:

## Attention & Executive Functioning

### For Parents

8 Keys to Parenting Children with ADHD  
by Cindy Goldfinch

The Energetic Brain: Understanding and Managing ADHD  
by Cecil R. Reynolds, Judith R. Harrison, and Kimberly J. Vannest

Whole Brain Child  
By Dan Siegel

Smart but Scattered  
by Drs. Peg Dawson & Richard Guare

FLIPP the Switch: Strengthen Executive Function Skills  
by Dr. Sheri Wilkins & Carol Burmeister, M.A.

Late, Lost, and Unprepared: A Parent's Guide to Helping Children with Executive Functioning  
by Joyce Cooper-Kahn & Laurie C. Dietzel

Your Kid's Gonna be Okay: Building the Executive Function Skills Your Child Needs in the Age of Attention  
By Michael Delman

ADHD: What Every Parent Needs to Know by the American Academy of Pediatrics

Taking Charge of ADHD, Third Edition: The Complete Authoritative Guide for Parents by Russell A. Barkley, Ph.D

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## Kindergarten Through Elementary

Baxter Turns Down His Buzz: A Story For Little Kids About ADHD  
By James M. Foley

My Whirling Twirling Motor By Merriam S. Saunders

Learning To Feel Good And Stay Cool: Emotional Regulation Tools For Kids With AD/HD By Judith M. Glasser,; & Kathleen G. Nadeau,

Learning To Plan And Be Organized: Executive Function Skills For Kids With AD/HD By Kathleen G. Nadeau

ADHD and Me: What I Learned from Setting Fires at the Dinner Table  
By Blake E. S. Taylor

Putting On The Brakes: Understanding And Taking Control Of Your ADD Or ADHD, Third Edition By Patricia O. Quinn & Judith Stern

Get Ready For Jetty!: My Journal About ADHD And Me By Jeanne Kraus

## Middle & High School

On Your Own: A College Readiness Guide For Teens With ADHD/LD By Patricia O Quinn & Theresa E. Laurie Maitland

AD/HD And The College Student: The Everything Guide To Your Most Urgent Questions By Patricia O. Quinn,

Smart but Scattered Guide to Success: How to Use your Brain's Executive Skills to Keep Up, Stay Calm, and Get Organized at Work and at Home by Peg Dawson and Richard Guare



## Resources: Attention & Executive Functioning

### Helpful Apps

#### Wunderlist

Allows children to create to-do lists and provide reminders for important tasks. Lists can also be assigned to individual family members to remind them of important tasks.

#### YouNote!

Allows learners to stay organized while taking notes while also being creative by allowing users to make hand drawn images, voice notes, and other alternate methods.

#### inClass

Time management app useful for middle, high school and college students. It allows users to record important class details and manage assignment due dates.

#### Evernote

Combines notes, sounds, images, and websites into organized notebooks

#### Cozi Family Organizer

Offers an app with shared family calendars, shopping lists, and to do lists which can be accessed by all family members.

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