

Primary health strategies for working with children who present with ADHD concerns

****Please note that all links provided in this document were accurate as at the date of publication – Monday 11th December, 2023****

Emerging Mind Resources

- Emerging Minds (2020). Biopsychosocial formulation and the key phases of a child mental health assessment [podcast]. Available here: <https://emergingminds.com.au/resources/podcast/biopsychosocial-formulation/>

Websites

- Reach Out Australia (2023). ADHD [website]. Available here: <https://au.reachout.com/challenges-and-coping/adhd>
- HealthyChildren.Org (2019). Understanding ADHD: Information for parents [website]. Available here: <https://www.healthychildren.org/English/health-issues/conditions/adhd/Pages/Understanding-ADHD.aspx>
- HelpGuide.Org (2023). ADHD parenting tips [website]. Available here: <https://www.helpguide.org/articles/add-adhd/when-your-child-has-attention-deficit-disorder-adhd.htm>
- Kelty Mental Health Resource Centre (2023). What are medications for mental illness? [website]. Available here: <https://keltymentalhealth.ca/medications>
- My Spirited Child – conferences, webinars and newsletters to support caregivers and educators with neurodivergent children. <https://www.myspiritedchild.com/>

Books

- My Brain is a Race Car, by Niel Harris

Podcasts

- [ADHD – the go to guide – The Garden Family Medical Clinic](#)
- In this episode developmental paediatrician (Prof Desiree Silva) and an ADHD coach (Dr Michele Toner), both of whom are passionate about improving the lives of children with ADHD and their families. They both have over 20 years of experience in the field and recognise the need for this practical guide.