

Suggested Resources for Families and Caregivers

ADHD/ADD	<ul style="list-style-type: none"> • CHADD (Children and Adults with Attention-Deficit/Hyperactivity Disorder) <ul style="list-style-type: none"> ○ CHADD ○ https://chadd.org/for-parents/overview/ • Centre for ADHD Awareness Canada <ul style="list-style-type: none"> ○ CADDAC • Understood.org • ADDitudemag.com
SENSORY PROCESSING	<ul style="list-style-type: none"> • http://www.sensory-processing-disorder.com/sensory-integration-activities.html • https://www.asensorylife.com/index.html • http://sensorysmarts.com/
ANXIETY	<ul style="list-style-type: none"> • Coping Skills Checklist: https://store.copingskillsforkids.com/collections/free-printables/products/coping-skills-checklist • Coping Skills/breathing: <ul style="list-style-type: none"> ○ https://store.copingskillsforkids.com/collections/free-printables/products/playful-deep-breathing-printables ○ helping-your-anxious-child-practice-calming-strategies-at-home ○ https://imperfectfamilies.com/beyond-take-a-deep-breath-helping-your-anxious-child-practice-calming-strategies-at-home/ • Raising a Sensory Smart Child By Lindsay Biel • The Sensory Child Gets Organized: Proven Systems for Rigid, Anxious or Distracted Kids by Carolyn Dalgliesh
SELECTIVE MUTISM	<ul style="list-style-type: none"> • https://www.anxietycanada.com/articles/myths-about-selective-mutism/ • https://www.angelamholm.com/product-page/english-version • https://www.todaysparent.com/kids/kids-health/what-to-do-when-your-child-wont-speak-2/
LEARNING	<ul style="list-style-type: none"> • Learning Disability Association of Ontario (LDAO) http://www.ldao.ca/

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DISABILITIES	
SOCIAL SKILLS	<ul style="list-style-type: none"> • https://www.understood.org/en/learning-thinking-differences/child-learning-disabilities/social-skills-issues/understanding-childs-trouble-with-social-skills • https://www.parents.com/kids/development/social/improving-kids-social-skills/ • https://www.pbs.org/parents/learn-grow/all-ages/social-skills
HANDLING EMOTIONS	<ul style="list-style-type: none"> • Self-regulation: https://childmind.org/article/can-help-kids-self-regulation/
ANGER	<ul style="list-style-type: none"> • Anger Management for Kids (and Adults): https://www.youtube.com/watch?v=DbpTohPUhMw
HELPFUL WEBSITES	<ul style="list-style-type: none"> • Child and Parent Resource Institute (CPRI); https://www.cpri.ca/families • CMHA Hamilton: <ul style="list-style-type: none"> ○ https://cmhahamilton.ca/ ○ https://cmhahamilton.ca/resources/hamilton-links/ • MCH Family Resource Centre: https://www.hamiltonhealthsciences.ca/mcmaster-childrens-hospital/patients-visitors/family-resources/ • PCMH – Parents for Children’s Mental Health: http://www.pcmh.ca/