

**My Favorite
Time Tested
ADHD
Resources**

by
Beth Grushkin
of
Fuzzymama.com

Hip! Hip! Hooray!!! I'm so glad you downloaded My Favorite Time Tested ADHD Resources ebook. This ebook has been nearly 10 years in the making — that's how long we have been finding success with many of these items.

Sharing what works with us was my whole point to starting my blog.

Raising kids with ADHD (and all the nuances that come with the diagnosis) is not easy... and believe me, I am still learning every single day and making lots of mistakes along the way.

But, I have nailed down some basic things that do really help us (me!!!) get thru our days, even the super rough ones.

I kept this list tight — I only want to suggest things that TRULY work for us. Some of these things have been keeping my busy boys busy for 10 years! Some of these suggestions are winners we've found in the last year. All of these suggestions have had an extremely positive effect on our lives.

You will find that all of the items are linked, so you can see them and possibly purchase directly from the link. Some of the links are affiliate links, which means I may get a small commission at no extra cost to you if you purchase the item.

Thanks for taking the time to read my ebook, please drop me a note heyfuzzymama@gmail.com and let me know what works for you!

ADHD Diet

Our favorite Vitamins and Supplements

Jarrow YumYum Dophilous — these [probiotics](#) are yummy and great food for the good bacteria in our gut. Remember our gut is our [second brain](#).

Jarrow Mag Mind — This magnesium supplement helps my son (and me!) relax at bedtime and fall asleep. Also good to just make kids more chill. Sometimes we start our day with one, too

Barleans Fish Oil - [This stuff](#) tastes really good. In fact, my kids just take this on their own. Fish oil is great for brains! Barleans is a staple and has the right balance of DHA and EPA recommended for ADHD.

Nordic Naturals Ultimate Omega 2X -

Now that my kids can both swallow capsules, we often purchase this supplement. It also has the right balance of DHA and EPA and a lovely strawberry taste that does not make you burp fish.(yes, this is a thing!)

Iron Supplement - Studies show that kids with ADHD often have low iron levels. We had my oldest son tested and he was low! We take these drops with a few ounces of OJ. Too much iron can be harmful, so make sure you get a blood test before administering an iron supplement.



ADHD Diet

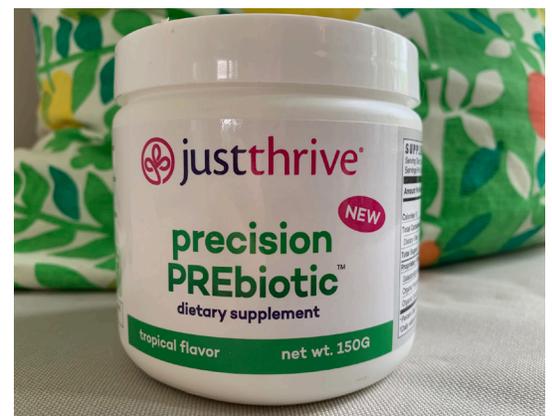
Our favorite Vitamins and Supplements that actually work:

Magnesium Oil - if your kids can't swallow the pills, rub this on their feet or the back of their necks. The magnesium is easily absorbed into the skin. It's great before bed to ease the transition to sleep.

Bluebonnet Rainforest Animalz Multiple— these multivitamins taste good and are free of dyes, and other pesky things that seem to find themselves into many big brands of vitamins.

Just Thrive Probiotics— This probiotic is one of our newer supplements. I first heard about it on the Wellness Mama podcast. It's a spore based, pharmaceutical grade probiotic and so has an incredible survivability rate, greater than most other probiotics out there. It's in a capsule form, but the capsule can be opened and sprinkled on just about anything.

Just Thrive Prebiotic Drink — This delicious powdered drink mix is multi-functional, but mainly supports the good bacteria in your gut. Their special formula improves probiotic diversity and overall balance to the gut microbiome. Our gut is our second brain, remember? We must treat it with the utmost care.



ADHD Diet

Eating Well is Your First Line of Defense

Cookbooks

[Katie Kimball of Kitchen Stewardship](#) offers [7 cookbooks](#) on her site. I have them all and seriously, they are my most used cookbooks.

[Healthy Snacks to go](#) offers easy to make, yummy to eat snacks that go in our lunch boxes on a regular basis. I love that she always offers gluten free or dairy free options for all her recipes.

[Healthy Breakfasts](#) and [Healthy Lunches](#) are kept in a binder in my kitchen cabinet and used on nearly a weekly basis. I have even memorized many of her recipes. Baked Oatmeal, granola, protein bars, healthy brownies, gluten free pancakes and waffles are just some of our favorites. You will not regret purchasing any of [her ebooks](#).



[Real Everything Cookbooks](#) — Michale and Stacey Toth are the “go to” couple for Paleo Family ideas. While we are not strict Paleo, I love their cookbooks for great recipes that are high protein and leave out the grains, sugar, and dairy. [Eat Like a Dinosaur](#) is amazing for kids and adults alike. We love the meat muffins, egg muffins, dips and sauces, breakfast hash and many more!

Great websites

Our favorite online sources

[ADDitude](#) — This was my first resource I poured over when my boys were first diagnosed. Lots of good general information. They are beginning to offer even more advice about a more holistic approach to ADHD.

[Seth Perler](#) - Seth is an executive function coach who speaks from personal experience. His site is filled with ideas to help organize your ADHD kids from middle school on up. I love his video series. We have implemented so many of his ideas in the past year. They really work!

[Ned Hallowell's](#) site is full of great information. He is just such a likable guy. I love his “compassion-first” ideas about treating ADD. He’s written several seminal books that are in my Amazon queue. Spend some time perusing his site. [His podcast](#) is great too!

[Wellness Mama](#) — Katie offers a wealth of information on becoming healthier as a family. She shares recipes and reviews of new, interesting products. I’ve gotten so much information from her on how to help my boys’ ADHD in a natural way. Her approach is honest and useful. [Her podcast](#) is a favorite and I have [her cookbook](#), too.

[Kitchen Stewardship](#) — This was one of the first blogs I read when I started to adopt a healthier lifestyle - when I just saw an eek of ADHD symptoms in my boys. Katie Kimball’s [cookbooks](#) are amazing. [I have all 7](#). [Her site](#) offers doable healthy choices for families with lots of free content.

[Soule Mama](#) — I have loved watching [Amanda Soule's site](#) grow over the years. Her homesteading, homeschooling life is very different from mine, but I love to sneak a peak and adopt some of her ideas into our lives. She writes about motherhood in a very comforting, helpful way. Her site gives me a dose of simplicity. I have all of her books, too - [this one](#), [this one](#) and [this one](#)!

Best ADHD Accessories

Our favorite items that help make life a little easier

Weighted Blanket — Our [weighted blanket](#) is far and away the best money I've spent on "a thing" to help ADHD. Ours is from [Sensa Calm](#) - the quality is amazing, it's washable and their customer service is impeccable. Their site has a great [clearance section](#), too.

Weighted stuffed animal — Sensa Calm makes [weighted stuffed animals](#), perfect for smaller kids to cuddle. [These](#) make a great companion for reading and sleeping, too.

Time Timer — this is the BEST thing to keep my kids focused to do their homework. I love how [the timer](#) shows time elapsing. It give my kids a good sense of time passing and continues to help them improve their sense of time. I bought [one](#) for my son to use in school and it really helps to keep him on track during the day, too.

Headphones — Sometimes shutting out the noise is all it takes to help kids concentrate. My own kids love [these](#), as well as my Montessori class.

Elastic Shoe Laces — I never realized how hard it can be for kids to tie shoes until I had kids of my own. Both of my boys took a loooooong time to really learn this skill. These [elastic laces](#) fit any shoes and are super easy to fasten. [These laces](#) saved a lot of tears until my kids were able to really learn the skill (admittedly, they were in third grade!).

Exercise ball — We use an [exercise ball](#) in our PT and OT work. Both of my kids love to roll around on it, bounce on it, use it for push ups, etc. It's a great thing to have when my kids have extra energy to burn. Ours is [65cm](#) and my kids are nearly 5 feet tall. I love to use it as well!



Best ADHD Accessories

Our favorite items that help make life a little easier

Hippity Hop — A childhood favorite of mine, this is an exercise ball with a handle. Super for indoors and out for getting the energy out, anytime of the year!! [These](#) are so inexpensive and have lasted for 3 years now. Each of my kids has one and they love [them](#) — even as a tween!

Trampoline — I originally got this [mini tramp](#) for myself, but my kids soon took it over. It is the most used piece of equipment we have. My kids LOVE to jump on this. We have contests to see who can do 500 jumps the fastest. This has truly been a life saver during the winter months, on snow days and for the witching hour just before dinner.

Locker Organizer — this was an absolute must for my son the first year he had a locker. Having the [extra shelves](#) eliminates the pile of books and papers at the bottom of the locker. The only downside is that you lose your ability to hang a coat — so that gets stuffed at the bottom — but I can deal with that!

Three-Ring Binder — Once my son hit middle school he had such a hard time keeping himself organized. This [binder](#), while not a magic answer, has helped a TON. He can keep everything in it and now forgets homework much less often than before. It's super sturdy — we are on our second year with the [same one](#).

Fun Things to Keep 'em active

Keep 'em Movin'

Fox Tail — neither of my kids are very “sportsy” so throwing a ball around the backyard is just not something they have ever done. But, we have had a version of a [foxtail](#) forever! It’s basically a ball with a tail. You can throw it as a ball or twirl it around by it’s tail and let it go... either way, there is lots of chasing it around the yard. [These](#) make great gifts, too!! We love to give the [one that lights up!](#)

Master a Million Counting Ball — this ball counts every bounce you make, with the object being to get to a million. I got [this](#) for our last road trip and it was fun to do at rest stops. [The ball](#) is heavy and makes a louder noise than most bouncy balls. We do this mostly outside — but its fun!!

Plasma Car — we never had these at home, but my kids Montessori school did - and my kids rode [them](#) every single day for a year, I think. [They](#) are great in a small space - like your kitchen or basement - OR - ride them on the side walk or a paved path. Bring it to the mall for tons of exercise!!

Pogo Stick — An old school classic!! This takes some practice — which is a good thing — my son really works at getting better with this. Takes strength and concentration. [Cheap enough](#) to make a great gift, too.

Stilts — We don’t have a set of our own yet, just tried them out at a few places and my kids are fascinated. My son will be getting wooden ones like [these](#) for Christmas this year. Like the [Pogo Stick](#), these takes some practice - which has been motivating for my son.

Head Lamp — My kids use [these](#) for camping with Scouts, but they are also very fun for night hikes in the winter. Even though we have an early bedtime, we take hikes around the neighborhood after dinner and these are fun!

Books About ADHD and Anxiety

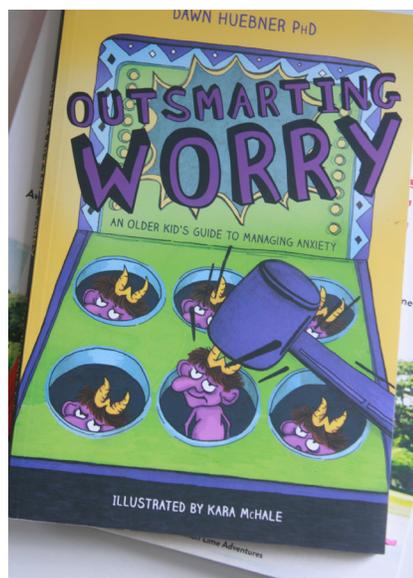
This is My Stack of Go To Titles

Ross Greene's book [The Explosive Child](#) was one of the first books I read that really clicked. Dr. Greene's perspective for raising differently wired kids is so humane and makes such good sense. [This book](#) changed how I saw my child and in turn how I parented. A must read if your child is inflexible, has explosions over seemingly minor things.

He also has written [Raising Human Beings](#), a book that uses the same techniques for “normally” developing children.

Dawn Huebner writes books for [anxious children](#) and [their parents](#). They are all geared for elementary aged kids and offer a really great perspective that kids easily relate to.

We have [Outsmarting Worry](#) which is geared toward tweens. The ideas in it have been groundbreaking for us and my son's anxiety. The book is super relatable for kids and gives kids an explanation for how and why anxiety acts in the body. It has truly empowered our whole family.



Books About ADHD and Anxiety

My favorite ADHD parenting books

Raising Will, Surviving the Brilliance and the Blues of ADHD

— Katherine Quie's new book chronicles the ups and downs and ins and outs of raising a son with ADHD, while sharing the unique perspective of her work as a pediatric neuropsychologist. • Katherine tells her story in a compellingly honest fashion, expressing her feelings of exhaustion, surprise, fear and above all, hope and undying love for her son. I saw my son in hers, over and over again; his restlessness, school struggles, even his ability to pick a single raisin out of an entire batch of oatmeal.

Differently Wired — Debbie Reber's newest book, [Differently Wired](#) is such an inspiringly helpful read. It's one of the best guidebooks out there for raising kids with neurological differences. She is candid about her own experiences and foibles as a parent raising a son on the spectrum. Debbie offers tips, mindset shifts and self-care ideas from a mom who gets it. [The book](#) not only gives concrete advice on how to deal with tough times, but reminds us over and over to enjoy the good stuff. And there is good stuff - lots of it. Honestly, [Differently Wired](#) will have you melting with an appreciation for this amazing parenting journey, even if it's not quite the one you expected.

Listen is my most recently read book on this list, so I am just beginning to put these tips into place. • And let me just say, I wish I had read [this book](#) years ago! Wipfler's suggestions and methods just feel so right and caring, while still addressing both your child's needs and your own. This just might be my new favorite ADHD books for parents! • The tools in this book are meant to ease the stress around highly emotional and upset moments. I often am at a loss for how to react to my son's big emotions and angry words. Wipfler's advice has already put me at ease and armed me with lots to try.

The Hidden Layers of ADHD — In this extremely readable book, Penny Williams explains all the many facets of ADHD that we as ADHD parents experience everyday, but are rarely talked about by clinicians. If you have a child with ADHD, you know it's not just about one thing. Penny not only explains the multiple symptoms of ADHD, but gives you real life solutions and advice so you do not have to suffer in the not knowing. A super quick and informative read!

Books About ADHD and Anxiety

My favorite general parenting books

Only Love Today — I can't say enough about this and all of [Rachel Macy Stafford's books](#). They truly remind me to slow down and love the now. Our kids are growing up so fast and her books are great reminders to be grateful for "what is". There is no judgement, only grace in her books. [Only Love Today](#) is written in small chunks to be read daily or whenever you need a dose of "you're doing great mama". I have given this book as a gift to many friends - always well received.

Simplicity Parenting — I may be a bit biased, seeing as how I am a Simplicity Parenting Coach. but this is the book to read first. For me, it has been a bible for parenting. [Kim John Payne's](#) ideas about preserving childhood really spoke to me at a time when I was a frazzled mom of toddlers. It still speaks to me a mom of tweens!

Connected Parenting — Jennifer Kolari has a very unique take on challenging children. She teaches how to use empathy, instead of a tough stance when kids are having their most challenging moments. Easier said, than done, this method has had an amazing effect on my parenting. When I am able to be loving and kind in the heat of the explosions, the benefits to our family are lasting.

How to Talk So Kids Will Listen and Listen So Kids Will Talk is a bible for learning better communication skills with you children. I love the scenarios and concrete examples that Adele Faber and Elaine Mazlish map out. While this is not particularly for ADHD, it has really helped me to look at things from my kids perspective and be a curious listener.

My Favorite ADHD Podcasts

Always a Good for a Dose of Inspiration

[Tilt Parenting Podcast](#) — Hosted by Debbie Reber, this podcast gives so much support to parents who are raising differently wired kids. I don't know how it took me so long to find this one. You will totally want to binge listen! Debbie covers a wide variety of topics, all centered around raising differently wired kids.

[Parenting ADHD Podcast with Penny Williams](#) — I love Penny's take on parenting kids with ADHD. She gave me the permission to throw out lots of the parenting books that I tried to keep making work for me. [Real life stuff](#) here presented with compassion.

[The ADHD Mama Podcast with Susy Parker](#) — So far there are only [6 podcasts](#), but I am waiting on the edge of my seat for more! I heard Susy on [Peter Shankmans Faster Than Normal](#) podcast and loved her immediately. Susy is so open about her journey and speaks a lot about holistic treatments for ADHD (which I love!).

[Parenting Your Challenging Child Podcast](#) — Ross Greene, author of *The Explosive Child* and *Raising Human Beings* hosts a [monthly radio talk show](#) where he addresses both live callers and emails. Hands down, Dr. Greene's philosophy of Collaborative Problem Solving has had more of a positive effect on our family than any other expert out there. • Each show is a smorgasbord of topics all centered around parenting your challenging child. These episodes are filled with real parents and real problems all with thoughtful advice from Dr. Greene and the moms who run his Facebook group.

[Faster Than Normal Podcast](#) — I first heard of Peter Shankman when he was on an episode of the Tilt Parenting Podcast and was immediately impressed by his positive point of view. [Shankman interviews](#) successful adults with ADHD and discusses the positives of the diagnosis. Listen in if you need a pick me up - and what parent doesn't!

[Distraction Podcast with Dr. Ned Hallowell](#) — I can't believe it took me so long to find out about Ned Hallowell. He is the author of [Driven to Distraction](#), a seminal book on ADHD. His take on ADHD is so positive, I can't stop [listening](#)! Connection is the antidote to distraction, Hallowell believes, and his episodes focus on making connections with your family, friends, and at work.

[Healthy Moms Podcast](#) — Not specifically about ADHD, [this podcast](#) is all about healthy living and family wellness. Katie Wells covers topics ranging from food to meditation to supplements. All of her podcasts include very practical tips you can put into place immediately. Because I see the huge effect that healthy food has on my ADHD kids, I love to stay on top the latest on the wellness front.

Creativity and Keeping Busy Hands Busy

Our Favorite Items That Help Keep My Kids Busy + Off Screens

I love to keep my kids hands busy with something other than a screen. I've noticed for a long time that screens do not help to calm my kids, they only make matters worse. So I keep lots of art supplies and building tools handy. Here's our favorites with approximate age ranges.

Beeswax (Age 6 to present) A bit harder to work with than clay, [beeswax](#) must be warmed in the hands to be pliable. This is a slow activity but once something is created, it stands up to play - and smells yummy!

Air Hardening Clay and tools (Age 4 to present) clay is harder to work with than playdoh, but it can be dried and the projects painted! We get the [air hardening kind](#) which takes a few days to harden. [Tools](#) are not necessary, but [they](#) do make it a bit more interesting, especially for older kids. We've used kitchen drawer implements, as well.

Colored Pencils (Age 1 to present) The quality really counts. You want a nice bright swipe of color without having to press too hard. We loved [these](#) thicker pencils when they were little and [these](#) now that they are older.

Markers (Age 1 to present) As my kids get older, their markers get thinner! We loved these [Crayola Markers](#) as toddlers, these in [early childhood](#) and these [Sharpies](#) now, as tweens.

Sketchpads (infant to present) As long as they have been mark making, we've had [sketchbooks](#) for my kids. I like [9" by 12"](#) and it's easier if they are spiral bound. As my boys have gotten older, they really like a [graph paper sketchbook](#) as well — great for drawing cars and boat and tanks!

Tracing Paper (3 to present) tracing is a great exercise for the hand and also trains the eye for drawing practice. I love [buying it by the roll](#), so we can tear off exactly what we need. My kids love to use [our light table](#) for pictures I print from the net. You can tape it on a window to trace as well.

Origami Paper (5 to present) My oldest son loves to do origami. Its a great practice that has a meditative quality to it. Get some [fun prints](#) as well as [some plain paper](#). A [good Origami book](#) makes a nice addition if you don't want to be looking at How To videos on YouTube.

Creativity and Keeping Busy Hands Busy

Our favorite items that help make life a little easier

These building toys still keep my kids busy!

Keva Blocks — these plank-like blocks can be used to build just about anything. We got [our first set](#) when the boys were 3 and 5 and just kept adding to them over the years.

Legos — Honestly, the most loved sets have been the [classic sets](#) that really get the imagination going!

Marble Run — We've had a few versions over the years, but loved [this one](#) the most... probably best for the 4 to 8 year old set, but we do take ours out every now and then!

See all of the amazing toys and games that keep my two ADHD boys busy without a screen, [HERE](#).



You can see
my favorite
gift guide [HERE](#)

Love to peruse Pinterest?
Follow my ADHD
Boards [here](#).