

**Books to help parents help distractible students**

- For strategies and tools to help students block out distractions, read *Heads Up Helping: Teaching Tips and Techniques for Working with ADD, ADHD, and Other Children with Challenges* by Melinda Boring.
- To help your children become more aware of their distractibility and learn strategies to improve attentiveness, read *Is Your Child Hyperactive? Inattentive? Impulsive? Distractible?* by Stephen & Marianne Garber, & Robyn Spizman.
- Carol Barnier: *How to Get Your Child Off the Refrigerator and onto Learning*.
- To understand how fidgets work and why, read Roland Rotz and Sarah Wright. *Fidget to Focus: Outwit Your Boredom: Sensory Strategies for Living with ADD*.
- *Smart but Scattered* by Richard Guare, PhD, and Peg Dawson, EdD.
- *Smart but Scattered Teens*, by Richard Guare, Peg Dawson, and Colin Guare.
- Subscribe to Kathy's blog at [LearnDifferently.com](http://LearnDifferently.com) for book reviews and tips.

**Tools**

- Different fidgets (things to handle to improve attention) help different people. Train your child and teen to notice what helps them focus, and what distracts. Try an artist's eraser (kneaded eraser), a Koosh ball, Tangle Jr., or a squeeze ball.
- Read my blog post on [choosing an effective fidget](#).
- Seating that exercises core muscles can help focus: inflatable seat cushion from [www.headsupnow.com](http://www.headsupnow.com), exercise ball (some have feet to prevent rolling), or build a T-stool (page 62 of *The Out-of-Sync Child Has Fun* by Carol Kranowitz).
- Tools to help with focus, sensory integration, & organization, tinted plastic reading strips and more: [www.headsupnow.com](http://www.headsupnow.com), owned by homeschoolers.
- More tools at the "special education & needs" branch of [SchoolSpecialty.com](http://SchoolSpecialty.com), at [funandfunction.com/](http://funandfunction.com/), and [www.therapysnoppe.com/](http://www.therapysnoppe.com/)
- Students can keep documents in Google Drive (formerly Google Docs), DropBox, or Apple's iCloud, which makes them harder to lose.
- Earplugs, music via headphones, or noise-suppressing headphones can help.

**Time management**

- Vibralite and Timex make watches with silent, vibrating alarms. Timex *Ironman watches* lets you easily set 3 timers by day & time.
- [Timetimer.com](http://Timetimer.com) makes a visual 60-minute silent timer, good for those who don't notice passage of time. Various sizes, optional beep sound.
- Kathy's blogs on time management for distractible kids at [LearnDifferently.com](http://LearnDifferently.com)
- Let students experiment with different calendars and organizers to suits them.

**Other resources**

- Marydee Sklar's website, [ExecutiveFunctioningSuccess.com](http://ExecutiveFunctioningSuccess.com) and her book, *50 Tips to Help Students Succeed*, reviewed on my website.
- Carol Barnier's newsletter for those living with distractible folks: [sizzlebop.com/](http://sizzlebop.com/)

- *ADDitude Magazine's* email tips for parents of distractible kids and for distractible adults. [www.additudemag.com/](http://www.additudemag.com/)
- *ADHD Experts webinars* and podcasts are free and cover many topics. <http://www.additudemag.com/webinars/>
- Chris Dendy's books, 1) *Teens with ADD and ADHD*, 2) *Teaching Teens with ADD and ADHD*; and with her son Alex Zeigler: 3) *A Bird's Eye View of Life with ADD and ADHD: Advice from Young Survivors* and the DVD, 4) *Real Life ADHD*. (Many students in these books used prescriptions as part of their treatment plan.)

### **For distractible parents**

- Carol Barnier's *If I'm Diapering a Watermelon, Where'd I Leave the Baby? Help for the Highly Distractible Mom*.
- *ADD-Friendly Ways to Organize Your Life*, by organization expert Judith Kolberg and ADD expert Kathleen Nadeau, who also has ADD.
- See *ADDitude Magazine* and *ADHD Expert webinars*, above.

### **Driving while distracted**

- Teens with peer passengers in the car are more likely to be distracted: [www.consumerreports.org/cro/news/2012/01/study-teens-driving-their-friends-increase-distraction/index.htm](http://www.consumerreports.org/cro/news/2012/01/study-teens-driving-their-friends-increase-distraction/index.htm)
- Driving alone increases temptation to use electronics: [www.cnn.com/2013/04/15/travel/teens-distracted-driving/](http://www.cnn.com/2013/04/15/travel/teens-distracted-driving/)  
US National Highway Traffic Safety Administration's suggestions for safer teen driving, [www.safercar.gov/parents/teendriving.htm](http://www.safercar.gov/parents/teendriving.htm)
- Concerned about your teen using a phone or texting while driving? Preview these videos: Werner Herzog's *From One Second to the Next*, (the most intense) [youtube.com/watch?v=BqFkRwdFZO](http://youtube.com/watch?v=BqFkRwdFZO). Others are less intense: [youtube.com/watch?v=HbjSWDwJILs](http://youtube.com/watch?v=HbjSWDwJILs) and [youtube.com/watch?v=07Nh7IAIOVA](http://youtube.com/watch?v=07Nh7IAIOVA)
- Take the pledge never to text and drive: [www.itcanwait.com/](http://www.itcanwait.com/)
- Be a good example. Hang up and drive.