Attention deficit hyperactivity disorder (ADHD) is the most common mental-health condition in children and is present in most countries around the world. Although there is an abundance of literature on ADHD with plenty of scientific information, this condition remains controversial and often under diagnosed.

Many books have been written for parents about ADHD but most of them are quite scientific. They can be difficult to navigate, especially if you are a parent with some symptoms of ADHD yourself.

This book is a go-to guide for parents and teachers, providing up-to-date knowledge in a simple, easy-to-read format. It is filled with information your doctor would like to provide but is often unable to do so in the limited appointment times available. This book also gives a framework and practical tips for how you can manage and advocate for your child in different settings, with or without medication. It summarises evidence to date for medication and alternative therapies, examines commonly held beliefs about ADHD and debunks myths.

This book has been written by a developmental paediatrician (Desiree Silva) and an ADHD coach (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.

Allied health workers, general practitioners and others who have contact with these wonderful children will also benefit from the information in this guide.
ABOUT THE AUTHORS

Desiree Silva is the professor of paediatrics at the University of Western Australia and Joondalup Health Campus. Desiree qualified as a doctor in the UK and completed her paediatric specialist training in Western Australia and the Northern Territory. She has a strong interest in neurodevelopmental disorders with over 20 years experience in managing children diagnosed with ADHD, autism, anxiety and developmental disorders. She completed a PhD on the early environmental risk factors and education and justice outcomes for children and youth diagnosed with ADHD. Desiree is a member of the scientific committee for the World ADHD Congress, Neurodevelopmental and Behavioural Paediatric Society of Australasia (NBPSA) and on the professional advisory board for LADS. She regularly is an invited speaker at national and international conferences on various aspects of ADHD research. Desiree is the project co-director for the ORIGINS study, which is a collaborative initiative between the Telethon Kids Institute and Joondalup Health Campus to establish a new birth cohort in Western Australia that may provide a better understanding of early pre-programming of neurodevelopmental disorders, which include ADHD. She is a strong advocate for children and their families who require support during their journey through life.

Michele Toner was the first credentialled ADHD coach in Australia. Starting out as a high school teacher, she has since worked in the corporate, not-for-profit and small business sectors. Her PhD (2009) and Master of Special Education (2001) both focused on ADHD. Currently she works in her private coaching practice, where her clients include executives, adults, parents and students. Michele regularly consults with schools, universities and workplaces to achieve the best outcomes for her clients. She is also a faculty member of the ADD Coach Academy (ADDCA).

In addition to her professional work, Michele has been a passionate advocate for people with ADHD since 1995. She has served as Executive Officer, Board President, and Professional Advisory Board member for The Learning and Attentional Disorders Society (LADS WA). She also played a key role in the establishment of the newly formed consumer peak body, ADHD Australia, of which she was a founding Board Member.

Michele’s solid academic research background and her extensive hands-on advocacy experience allow her to operate comfortably in both the professional and consumer arenas. Currently, she is co-convenor of the Australasian Professionals ADHD Network (AusPAN), and the administrator of several social media support groups for people with ADHD.

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