

"I help overwhelmed, frustrated and anxious parents feel calmer, more confident and more connected - to their children, their family and themselves."

Recommended Reading for Families with ADHD

Tap [View on Amazon](#) to quickly find each book on Amazon UK.

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| <ul style="list-style-type: none">• Finally Focused
James Greenblatt, MD | View on Amazon |
| <ul style="list-style-type: none">• Fire Child, Water Child
Stephen Cowan, MD | View on Amazon |
| <ul style="list-style-type: none">• Conscious Parenting Your ADHD Child
Stacey Yates Sellar | View on Amazon |
| <ul style="list-style-type: none">• The Whole-Brain Child
Dr Daniel Siegel | View on Amazon |
| <ul style="list-style-type: none">• Driven to Distraction
Edward Hallowell, MD & John Ratey, MD | View on Amazon |
| <ul style="list-style-type: none">• The Explosive Child
Ross W. Green | View on Amazon |
| <ul style="list-style-type: none">• Scattered Minds
Dr Gabor Maté | View on Amazon |

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