



Brain-Building Video and Computer Games Kids Love

Got a gamer with ADHD? Here are some brain-building downloads and purchases that we recommend for your child's designated screen time.



From the ADHD Experts at

ADDITUDE
Strategies and Support *for* ADHD & LD

ADDITUDE

Strategies and Support for ADHD & LD

A trusted source of advice and information for families touched by attention-deficit disorder—
and a voice of inspiration to help people with ADHD find success at home, at school, and on the job.

ADDitudeMag.com

TERMS OF USE

Copyright © 2015 by New Hope Media. All rights reserved. No part of this report may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, faxing, e-mailing, posting online, or by any information storage and retrieval system, without written permission from the Publisher.

All trademarks and brands referred to herein are the property of their respective owners. All references to *ADDitude* magazine, ADDitudeMag.com, and ADDConnect.com are trademarks of New Hope Media.

CONTACT INFORMATION

New Hope Media – 646-366-0830
108 West 39th St, Suite 805
New York, NY 10018

LEGAL NOTICES

ADDitude does not provide medical advice, diagnosis or treatment. The information offered here is for informational purposes only and is not intended to substitute or replace professional medical advice, diagnosis, or treatment. Always consult with your physician or other qualified health-care professional or educational consultant for questions about the health and education of you, your child, and family members. Do not disregard, avoid or delay obtaining medical or health related advice from your health-care professional because of something you have read here.

If you think you may have a medical emergency, call your doctor or 911 immediately. *ADDitude* does not recommend or endorse any specific tests, physicians, products, procedures, opinions, or other information that may be mentioned in *ADDitude* publications or web sites. Reliance on any information provided by *ADDitude* is solely at your own risk.

FOUNDER: Ellen Kingsley (1951-2007)

EDITOR IN CHIEF: Susan Caughman

EDITOR: Wayne Kalyan

STAFF

CONSULTING CREATIVE DIRECTOR: Susan Dazzo

CONSULTING ART DIRECTOR: Ron Anteroine

MANAGING EDITOR: Eve Gilman

ASSISTANT EDITORS: Devon Frye, Kimberly Horner, Janice Rodden

SOCIAL MEDIA EDITORS: Rebecca Brown Wright, Penny Williams

DIGITAL MARKETING DIRECTOR: Anni Rodgers

DIGITAL MARKETING MANAGER: Kate Harmsworth

ADVERTISING: Anne Mazza

CIRCULATION: Sue Sidler

COPY EDITOR: Gene Jones

CONTRIBUTING EDITORS:

Carol Brady, Ph.D., and John Taylor, Ph.D. (Children)

Edward M. Hallowell, M.D. (Life)

Sandy Maynard, M.S. (Coaching)

Michele Novotni, Ph.D. (Adults)

Larry Silver, M.D. (Health)

Ann Dolin, M.Ed., and Sandra F. Rief, M.A. (Education)

ADMINISTRATIVE ASSISTANT: Madalyn Baldanzi

SCIENTIFIC ADVISORY BOARD

CHAIRMAN:

Larry Silver, M.D.

Georgetown University
Medical School
Washington, DC

Peter Jaksa, Ph.D.

ADD Centers of
America
Chicago, IL

Russell Barkley, Ph.D.

Medical University of
South Carolina
Charleston, SC

Peter Jensen, M.D.

Columbia University College
of Physicians and Surgeons
New York, NY

Carol Brady, Ph.D.

Baylor College of Medicine
Houston, TX

Harold Koplewicz, M.D.

New York University
Medical School
New York, NY

Thomas E. Brown, Ph.D.

Yale University
School of Medicine
New Haven, CT

Michele Novotni, Ph.D.

Wayne Counseling Center
Wayne, PA

William Dodson, M.D.

ADHD Treatment Center
Denver, CO

Roberto Olivardia, Ph.D.

Harvard Medical School
Boston, MA

Edward M. Hallowell, M.D.

The Hallowell Center
Sudbury, MA

Patricia Quinn, M.D.

National Center for Gender
Issues and AD/HD
Washington, DC



Brain-Building Video and Computer Games Kids Love

Got a gamer with ADHD? Here are some brain-building downloads and purchases that we recommend for your child’s designated screen time.

Bad Piggies — RATED **E** FOR EVERYONE

Bad Piggies is a puzzle game from the makers of the popular Angry Birds game. It challenges players to build contraptions that carry the “piggies” to their destinations. At the start of each stage, you’re shown the level layout, given a collection of parts, and sent on your way. It’s up to you to invent a solution to each puzzle — there isn’t only one right answer.

Bad Piggies requires a child to use different strategies in order to advance. The player needs to think flexibly and consider several ways of escorting the piggies through the stage. He may be discouraged at a few failed attempts, but perseverance pays off.

>> <https://www.angrybirds.com/play/bad-piggies>

“Games have the potential to increase attention stamina.” —*Rohn Kessler, Ph.D.*

Roblox — RATED **E** FOR EVERYONE

Roblox is an online virtual playground and workshop. Players are given basic tools with which to construct buildings, machines, and other creations to explore the Roblox world.

Players use working-memory skills when they learn and remember how to use the different tools for arranging and building objects and altering their appearance.

>> <http://www.roblox.com/>

Minecraft — RATED **E** FOR EVERYONE

This is a big one. In Minecraft, players are placed in a borderless, randomly generated land with no supplies, directions, or objectives. They have to decide what to do and how to do it. Players collect materials from the world around them in order to “craft” items and build whatever their minds can imagine.

Minecraft improves planning skills because players need to set and achieve goals within a time frame. As your child starts the game, he’ll need to collect mined materials, build a workbench on which to craft items, and construct a shelter.

>> <https://minecraft.net/>

Portal and Portal 2 — RATED **T** FOR TEEN

The Portal series is revolutionary in the video game industry because it prizes gameplay over flashy graphics or complex narratives. Players navigate a character through an abandoned research center using a “portal gun.” It opens doors between chambers that players or objects can then move through like a puzzle set in a three-dimensional world.

The game is engaging and cognitively fruitful. It requires players to use executive skills, like planning, time management, and working memory, which don’t come easily to kids with ADHD. The recipient of multiple “game of the year” awards from various publications, the Portal series is available for Xbox 360, PS3, and PC users.

>> <http://www.thinkwithportals.com/>

Starcraft and Starcraft II: Wings of Liberty — RATED **T** FOR TEEN

These Real Time Strategy (RTS) games are built around maps or environments viewed from overhead. Players construct different types of units and harvest materials, all with the goal of defeating an enemy (either computer or human) in battle. Kids need to devote maximum attention to ensure they are producing units at peak efficiency while anticipating attacks and planning assaults on the enemy.

To be successful, a player needs to use metacognition, sustained attention, and working memory. If you need proof of how highly regarded this game is, look to the pros. Professional competitions are held for

“Minecraft and other skill-building video games might actually improve focus, working memory, and other executive functions.”—*Randy Kuilman, Ph.D.*

**Brain-Building
Video and Computer
Games Kids Love**

from the editors of

ADDITUDE
Strategies and Support for ADHD & LD

both games that routinely offer prize pools in the hundreds of thousands of dollars. Available for Mac and Windows.

>> <http://us.battle.net/sc2/en/>

The Zelda Franchise — RATED **E** FOR EVERYONE

In the realm of “oldies but goodies,” the Zelda series reigns supreme, particularly the Ocarina of Time and Majora’s Mask editions. Players are challenged by a puzzle-filled world, requiring critical thinking and goal directed persistence — in other words, completing a goal despite distractions and competing interests. These games are available for the N64 game system, although newer versions have been released for the Wii and Nintendo’s handheld devices.

>> <http://www.zelda.com/>

Guitar Hero — RATED **T** FOR TEEN

This game is an exercise in focus and reflex. It offers teens an opportunity to fine-tune their ability to pay attention and to turn visual stimulation into physical reaction. It takes working memory to master this game, since it relies on repetition of complex patterns. Players use plastic guitar-shaped controllers to “play along” with their favorite songs. Available for PS2, PS3, Xbox 360, Wii, Windows and Mac, and Nintendo DS.

>> <https://www.guitarhero.com/>

For more video game recommendations, visit
<http://additu.de/games>

ADDitude Special Reports Available Now

www.adhdreports.com

A Parents Guide to Effective ADHD Discipline

A better-behavior plan for the most oppositional, defiant children

Nothing works. You take away electronics or special activities, and he couldn't care less. You try rewards, points, praise, consequences—nothing turns around his behavior. He shows no remorse, and you feel like a failed parent. Sound familiar? This 25-page ebook, filled with expert tips and solutions is a game-changer.

>> Learn More About This Special Report: <http://additu.de/191>

Video Games and the ADHD Brain

A parent's guide to setting limits, easing transitions, choosing brain-building games, and keeping kids safe online

Is your child addicted to Minecraft? In this ebook, the editors of *ADDitude* present research on hyperfocus and video games, recommend games that build thinking, and offer advice on setting limits your child will honor. Includes frequently asked parent questions answered by gaming expert Randy Kulman, Ph.D.

>> Learn more about this special report: <http://additu.de/minecraft>

A Parent's Guide to ADHD Diet and Nutrition

The foods, vitamins, minerals, supplements, and herbs than can help your child

What is the connection between the food your child eats and his or her hyperactivity, impulsivity, and distractibility? The editors of *ADDitude* have curated scientific information about foods and additives to avoid; how omega-3s, iron, and zinc boost the brain; why you should remove foods with artificial dyes and flavors; and much more.

>> Learn more about this special report: <http://additu.de/nutrition>

FREE ADDitude Downloadable Booklets

4 Parent-Child Therapies for Better Behavior

Many families living with ADHD use behavior therapy and family training programs to break the cycle of bad behavior and defiance.

50 Smart Discipline Tips for Children with ADHD

The best techniques from parenting experts for dealing with dishonesty, getting your child to take you seriously, and much more!

A Routine That Works for Kids with ADHD:

Customize this hour-by-hour routine for your child — and make your day less stressful..

13 Parenting Strategies for Kids with ADHD

What does it take to be a great parent to a child with ADHD? Here's what works, and why.

When You Have ADHD, Too

18 tips for parents with ADHD—advice on balancing career, housework, and childcare when you share a diagnosis.

Homework Help for Children with ADHD

Addressing homework problems is critical – here's how to do it.

You Know Your Child Has ADHD When...

Parents on the funny side to living with ADHD symptoms.

Find these and many more free ADHD resources online at:

[http://additu.de/
freedownloads](http://additu.de/freedownloads)

FREE ADHD Webinar Replays from ADDitude:

Minecraft and Kids with ADHD

>> <http://www.additudemag.com/RCLP/sub/11244.html>

Your child flourishes when breaking and building blocks in a pixelated world – but when is it time to unplug from the virtual and join reality? Learn the pros and cons behind your child’s gaming addiction, and how limiting screen time can put your child on track for a healthy “digital diet.”

Why Does He Do That?

>> <http://additu.de/barkley>

How does attention deficit disorder affect your child’s behavior and development? Russell Barkley, Ph.D., explains, and offers insightful tips on providing structure, consequences, and rewards.

Tech That Teaches

>> <http://www.additudemag.com/RCLP/sub/10767.html>

Learn how to choose games and apps, maximize their benefits, and turn your ADHD child’s love of technology to her best advantage.

Positive Parenting

>> <http://www.additudemag.com/RCLP/sub/10271.html>

Improving behavior in elementary-aged children through consistency, external motivators, and selective negative consequences, from Mary Rooney, Ph.D

Raise Your Child’s Social IQ

>> <http://www.additudemag.com/RCLP/sub/10299.html>

Learn how to address your ADHD child’s social challenges. Social skills therapist Cathi Cohen shares practical tips for teaching social cues, including how to read body language, convey feelings, face bullies, and more.

FREE ADHD Newsletters from ADDitude

Sign up to receive critical news and information about ADHD diagnosis and treatment, success at school, adult ADHD, and parenting strategies: <http://additu.de/email>

Adult ADHD and LD (weekly)

Expert advice on managing your household, time, money, career, and relationships

Parenting ADHD and LD Children (weekly)

Strategies and support for parents on behavior and discipline, time management, disorganization, and making friends.

ADHD and LD at School (bimonthly; weekly from August through October)

How to get classroom accommodations, finish homework, work with teachers, find the right schools, and much more.

Treating ADHD (weekly)

Treatment options for attention deficit including medications, food, supplements, brain training, mindfulness and other alternative therapies.