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## It Can be Difficult to Stay on Medication

Do you or your child sometimes have trouble sticking with the medication prescribed for your ADHD symptoms? There may be a number of reasons for this, but abruptly discontinuing medication for ADHD can create problems.

What are some reasons people may stop taking their medication, how can doing so be harmful, and what can you do to help yourself or your loved one continue to take medication as prescribed? We draw on recent research by experts to find the answers for you. [Keep reading for more information about medication adherence.](#)





## Office of Civil Rights Clarifies Schools' Limits for Restraint on Students

Do you worry about what your child's teacher may do if your child's behavior requires discipline? In December the US Department of Education's Office of Civil Rights (OCR) issued guidance to all public schools to clarify limits to restraint and seclusion of students with disabilities under the existing federal law. It states that restraint and

seclusion can violate educational rights, be discriminatory, and create additional academic and behavioral challenges for students.

CHADD Public Policy Committee member Carl Smith, PhD, says the new guidance will help schools better understand the consequences of applying restraint to students affected by disabilities and will give parents important information to present to schools when advocating for their children. [Continue reading for more information on this guidance to schools from the OCR.](#)

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## Q&A: What About Caffeine for ADHD?

**Q:** I came across some information that says caffeine can be used to treat ADHD symptoms. Is there any research supporting caffeine as a treatment for ADHD?

**A:** Caffeine is a central nervous system stimulant that acts on the brain by affecting the neurotransmitters related to alertness and cognitive thinking. Researchers are looking into how it could affect ADHD symptoms. Although caffeine may be helpful for some adults affected by ADHD, researchers are not sure its benefits outweigh the risks for children. Using caffeine, either in a drink or in an over-the-counter preparation, is not currently recommended by medical experts as a treatment for ADHD.



[Keep reading for more on how caffeine could affect you.](#)

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## Struggling with Food Choices?

ADHD and the accompanying executive function deficits can affect people in many ways, including having an impact on your weight. Do your ADHD symptoms make it a struggle to make the right food choices for you? We sat down with Roberto Olivardia, PhD, to discuss what you can do to eat more healthfully. This second

video continues the ongoing discussion on what people with ADHD can do to improve their eating habits. [Watch Now](#)



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## ADHD *in the News*

- Could the Mediterranean Diet Help Prevent ADHD?
- Prenatal Smoke Exposure and ADHD: Advancing the Field
- Does sugar cause ADHD?
- When Parent and Child Both Have ADHD

Read these and other articles in the [ADHD in the News weekly digest](#).

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### Did You Know?

The [first descriptions of ADHD](#) in children were published in 1846? A Swiss doctor wrote the poems [The Story of Fidgety Philip](#) and [The Story of Johnny Look-in-the-Air](#) in a children's book for his son. The short poems describe what we now refer to as the predominately hyperactive presentation and the predominately inattentive presentation. Today, we understand these are symptoms of a treatable medical condition, rather than misbehavior.

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