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## in this issue...

- [Do I Need Parent Training or Coaching?](#)
- [Apps for Smoother Mornings](#)
- [Self-Advocacy Can Improve Your Life](#)
- [Steps to an Accurate ADHD Diagnosis](#)
- [ADHD in the News](#)

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### Do I Need Parent Training or Coaching?

People with ADHD, and those who care for them, need all the help they can get, right? You probably know that research has shown the importance of behavioral training for both patient and parents, along with medication for treatment of ADHD. But you may be wondering about ADHD coaching too! Can coaching help parents help their child affected by ADHD? How is it different from training? [Read on to discover the answers!](#)





## Apps for Smoother Mornings

Are mornings one of the most difficult times of the day for your children? There's an app for that! We summarize five useful apps discussed in the recent CHADD webcast *How to Survive Mornings with ADHD*. Although each family's morning routine is a little different, these apps can help you get your children organized and keep the morning moving to create better starts for your day. Interested? [Keep reading](#)

[for our new favorite apps.](#)

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## Self-Advocacy Can Improve Your Life

Standing up for what you or your loved one needs can sometimes feel a little scary, but the reward can be an improved situation at work or school.

You can take steps towards self-advocacy today to help improve your life. ADHD is a complex disorder that can require support at work and/or school. You can ask for what you need to be successful, and your child can receive academic accommodations to be a successful student. [Keep reading for suggestions on how you can advocate for yourself and your family.](#)



## Steps to an Accurate ADHD Diagnosis

How can you begin the evaluation process for your patient? An evaluation requires much more than completing a questionnaire. Our latest slideshow for professionals takes you through the steps needed to evaluate your patient and provide an accurate diagnosis for ADHD and other possible co-occurring conditions.

[Watch Now](#)

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# ADHD *in the News*

- Brains of those with ADHD show smaller structures related to emotion
- Study: Brain differences found in children with ADHD
- ADHD, asthma prevalence tied to poverty, national study shows
- Students with special needs get special help behind the wheel

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

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## Did You Know?

Children and adults affected by ADHD frequently have poor handwriting that is difficult to read. Many people find that medication management for ADHD improves their handwriting skills.

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