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Boost Self-Esteem with Community Service

Daily struggles in following directions and controlling symptoms can impact your child's self-confidence. But encouraging your child to volunteer for community service can help build his self-esteem, broaden his worldview, and gain appreciation for the world around him.

Involving your child in community service or, better yet, volunteering as a family, has many other benefits, too. [Keep reading for ideas on how you can make volunteering part of your child's life.](#)





Go Directly to Jail, Do Not Pass 'Go',...

The percentage of inmates in prison populations who've been found to have ADHD is as much as ten times the incidence of ADHD in the general population. What is it about ADHD that can lead to getting in trouble with the law?

When ADHD symptoms are treated, the risk of making poor decisions is less. When ADHD is addressed in

people who have served a prison term, the risk they'll return to prison decreases. In both instances, the cost savings in dollars and human terms is significant. [Keep reading for insights into this challenge and how you can prevent your or your loved one's ADHD from leading to incarceration.](#)

Everyone has a Better Life than I Do!

—At least that's what I'm seeing on social media!

Those status updates by your friends can have a downside if you begin comparing your life to the picture-perfect posts of others. When you're coping with the symptoms of ADHD, things are seldom picture-perfect!

How can you avoid feeling inadequate and falling victim to the "Pinterest effect" while still enjoying social media? [Keep reading for suggestions on using social media when you have ADHD.](#)



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Get Tips for Making Homework Better

Improve Homework Time with Strategies That Work for ADHD

Featuring Cindy Goldrich, EdM, ACAC
Thursday, March 23, 2 p.m. ET

[Register Now](#)

Is completing homework a struggle every night for your child affected by

ADHD? Or maybe you're fighting with your child over assignments. You're not alone. Children often struggle with managing homework time because homework is difficult for the brain affected by ADHD.

Our webcast *Ask the Expert: Improve Homework Time with Strategies That Work for ADHD* will look at the challenges children and parents face in managing homework. You'll learn how executive functions impact motivation, focus, retention, and self-confidence and how they can make finishing homework difficult. We'll discuss strategies for ADHD and homework that allow you to reduce the daily stress and bring calm to your home.

Join us to:

- Understand why homework is difficult for children affected by ADHD
- Identify effective organizational techniques for children
- Create a plan to help your child make the best use of the time she spends doing work
- Confront issues involving motivation, independence, and work ethic

[Register Now](#)

The logo features a stylized orange flower icon to the left of the text "ADHD in the News". "ADHD" is in a bold, blue, sans-serif font, while "in the News" is in a blue, cursive script font.

- Novel dimensional approach uncovers biomarker for inattention
- The genius in people with learning disabilities, mental health disorders
- 'Safe' insecticides tied to neurobehavioral problems in kids
- ADHD drug works and doesn't worsen comorbidities

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

Did You Know?

In the [United States](#), Kentucky has the highest number of children diagnosed with ADHD (14.8 percent) and Nevada has the lowest number of children diagnosed (4.2 percent).

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