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Messy Room, Messy Life?

You peek in your teen's bedroom and can't believe the sight: Dirty dishes on the floor, homework strewn on an unmade bed and laundry piled on the desk. Your first impulse might be to yell that this room needs to get picked up right now!

But will that approach have a lasting effect? Teens affected by ADHD struggle to keep their rooms cleaned as much as parents struggle in urging them to do so. A messy bedroom isn't worth damaging your relationship with your child, but it is an opportunity to teach organizational skills. [Keep reading for professional tips on helping your teen learn to organize and clean his bedroom.](#)





Wait! Don't Let Impulsivity Get Ahead of You!

You know that impulsivity is one the hallmarks of your adult ADHD. Unmanaged, it can cause trouble with relationships, in the workplace, and with personal finances. So what can you do to get the upper hand on your impulsivity before it causes trouble for you?

We have suggestions you can use now to be less impulsive. [Keep reading for tips.](#)

New Cookbook Offers Yummy Ideas to Feed Your Brain

Are you looking for quick meal ideas for yourself or your family? CHADD's National Resource Center has composed a cookbook packed with suggestions to make mealtime both fast and tasty!

Check out *Cookbook for Busy Minds* for kitchen tips and new dinner ideas today. [Keep reading to download for free today.](#)



Tips for Managing Your Money



Managing your money wisely can be a struggle when ADHD symptoms, including [impulsivity](#), are working against you.

To help you take better control of your finances, we have prepared a new section, [Managing Money and ADHD](#) with helpful tips to:

- Figure out your needs versus your wants
- Establish goals
- Organize your financial paperwork
- Take control of your spending habits
- Develop your spending and savings plans

Visit [Managing Money and ADHD](#) now for these and more.

ADHD *in the News*

- Benefits of long-term use of ADHD medications questioned
- Harnessing ADHD for business success
- Household chaos makes bringing up children with ADHD more difficult
- Quality improvement project helps pediatricians diagnose, manage ADHD

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

Did You Know?

Have you considered participating in a research study? You can explore new treatment methods while helping contribute to our understanding about how the brain is affected by ADHD functions. You can browse new and ongoing research studies at [Find a Study](#) for the opportunity take part in ADHD research.

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