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Four Tips to Get You and Your Child with ADHD to Bed on Time

Are you getting enough sleep? If you're like one in three Americans you probably aren't, and if you are someone affected by ADHD, you may have an even harder time getting enough sleep. According to a study in the Centers for Disease Control and Prevention's (CDC) *Morbidity and Mortality Weekly Report*, about 35 percent of Americans are getting less than seven hours of sleep a night.



Children with ADHD are two to three times more likely to have sleep problems when compared to kids without the disorder. Frequently, children with ADHD will resist going to bed, even when they are very tired. When they do settle in for bed, they often have trouble falling asleep. [Learn four tips to getting your child and yourself to bed on time.](#)

Grocery Shop with Ease

Q: I can't stand to go grocery shopping. I tell myself I'll do it later and then I run out of time. I usually end up rushed at the store, grabbing whatever looks attractive to me in the moment. I end up with a cart full of food but nothing to really make meals for more than a day or two. How can I work around my ADHD symptoms and still grocery shop in a way that works for me?

--New college grad in Tennessee



A: When you have ADHD, grocery shopping can be harder than most people imagine. Grocery stores are designed to distract shoppers with colorful displays and free samples. There are many choices for the different kinds of products. Most stores are large and don't have clocks or windows to give you a sense of time. These things, along with impulsivity and distractibility, can cause you to end up with food or products in your shopping cart you don't need or didn't really want. It's also very easy to forget some important items on your list.

How can you navigate the grocery store without being overwhelmed if you have ADHD? [Read on.](#)

ADHD and Creative Problem-Solving

When you have a small group of people working on a problem, does it help to include a member who has ADHD? Research shows that maybe it does.

Peter Gray, PhD, wrote recently in *Psychology Today* (*ADHD, Creativity, and the Concept of Group Intelligence*) that group-based problem solving appears to improve because the individual with ADHD symptoms helps the group to think more creatively in its approach to the challenge before it. He examines a study with middle school students that was intended to look at how well individuals cooperate in a group. The results showed something surprising about the advantages a student with ADHD could bring to the situation.



“The ADHD kid was generating new ideas about how to solve the problem, and the non-ADHD kids were following through on those ideas in a more focused way to see which ones would actually work,” Dr. Gray writes.

[Read more](#) of Dr. Grey's thoughts on how ADHD may bring advantages to

problem-solving.



Ask the Expert: Struggling with ADHD & ODD

Is your child with ADHD also struggling with oppositional behaviors? Dr. Barbara Howard discusses what to do when a child has the symptoms of both ADHD and ODD (Oppositional Defiant Disorder). This would include joint treatment and practical ways for families to help their children move forward in a positive and healthy way.

Watch



- Pediatricians vary widely in diagnosing ADHD, depression
- Is lack of access to ADHD care driving ED visits?

- New therapies for ADHD: Buyer beware
- Could ADHD drugs lower kids' bone density?

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

Did You
Know?

Eating a protein-rich breakfast will help your child with ADHD feel full longer, be less grumpy and stay better focused. [Listen to more.](#)

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