

# ADHD *weekly*



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## Reminder!

Have you filed your taxes? Federal taxes are due this year by midnight, Tuesday, April 18. Don't forget to file on time!

## in this issue...

- [Your Child Was Just Diagnosed with ADHD—Now What?](#)
- [Part 2: Tips for Help in Managing ADHD with Non-Medication Interventions](#)
- [Tips to Help You Succeed at Work](#)
- [Ask the Expert for Educators: Teaching Social & Emotional Skills to Your Students](#)
- [ADHD in the News](#)

## Your Child Was Just

## Diagnosed With ADHD— Now What?

When you first learn your child has ADHD, you may have mixed emotions: Good to know, but where do you go from here? There are several treatment paths to take in order to help your child, but taking those first steps to create a treatment plan may seem overwhelming. Read more about how one family took those steps and learn what you can do when your child is first diagnosed. [Continue reading](#).

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## Part 2: Tips for Help in Managing ADHD with Non-Medication Interventions

In Part 1, we looked at a number of interventions beyond medication that can help diminish symptoms for some people affected by ADHD. This week, we explore two of the most proven complementary tools in detail. [Keep reading](#) to learn more.

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## Tips to Help You Succeed at Work

*This article is part of our Tips for the Workplace series.*

ADHD can make things difficult in the workplace. We have some tips you can try today to help organize your work and keep from being overwhelmed by big projects. [Get tips now](#).

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## Teaching Social & Emotional Skills to Your Students

Ask the Expert for Educators:  
Teaching Grit, Perseverance, and Frustration Tolerance  
to Students with ADHD  
Featuring Cindy Goldrich, EdM, ACAC  
Tuesday, April 25, 7-8 p.m. ET

[Register](#)

Social and emotional skills greatly impact your students' ability to succeed academically and later in life. As an educator, you work with your students to help them learn many life skills they will need, not just in school, but in other endeavors.

Join us for a webinar just for educators. We will discuss strategies to build on your students' strengths, how praise with impact, and help students learn self-motivation. Teaching these tools will allow you to help students develop their ability to sustain their focus, manage their frustrations, and persevere to achieve both academic and nonacademic goals.

[Save My Seat!](#)



- How often do Bipolar Disorder or Depression meet ADHD?
- Psych Consult lowers antipsychotic use in kids
- ADHD medication may increase empathy
- ADHD in women often misdiagnosed

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

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Are you “down” with ADHD? The popular Holderness Family is! Check out their video on life when dad has ADHD!

Watch "[You Down With ADD?](#)" now for a light-hearted ADHD moment.

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