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## What Does the Vital Signs Report Mean for Your Family?

Last week, the *CDC Vital Signs* report encouraged health care providers to discuss the benefits of behavior therapy as the first step in treatment with parents of young children diagnosed with ADHD.

Parents look to their child's healthcare providers for guidance. This conversation between parents and providers is a critical one when it comes to getting children between 2 and 6 years old the proper treatment for ADHD. Parents often have questions about what treatment involves and difficulty finding support. [Read on.](#)



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## How to Find a Behavioral Therapist Near You

Behavior therapy is the first step when you have a young child diagnosed with ADHD. The American Academy of Pediatrics recommends children younger than 6 years old receive behavior management, which includes parent training by a licensed therapist, before medication is added to a treatment plan.



But finding a behavior treatment program for your child can be a challenge for you and your child's health care provider. [Find out how.](#)

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## Survival Tips for Moms with ADHD

When you're a mom with ADHD, the challenges of parenting a child with ADHD can multiply.

It can seem like the deck is stacked against you some days. Women tend to be diagnosed later in life than men. Girls frequently have the inattentive presentation of ADHD and frequently don't get diagnosed until adulthood, unlike boys who tend to display more hyperactivity. Many moms discover they have ADHD while having their children evaluated for the disorder. Their child's symptoms sound all too familiar and they themselves seek an assessment for themselves. Most women with ADHD are diagnosed with another condition before getting the accurate ADHD diagnosis. [Read more.](#)



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## Your Student was Admitted, Now What?

featuring  
Michele Oelking  
May 18, 2016 2-3pm ET

Graduation season is upon us and students with ADHD are going to begin the transition from high school to college. Join us to learn about support options available for college students with ADHD and how they differ from support in high school. Identify common challenges ADHD students face in their first year at college and what to look for in a support system.

This webcast is great for parents of students who are transitioning from high school to college or students already in college, as well as current and soon to be college students with ADHD looking for resources to succeed on campus. Parents will gain valuable tips to best support their college student, and college students will learn about resources available and how to access them.



Save My Seat

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## Education Rights for Over the Summer

As the school year winds down, end of year report cards are coming home to families. If your child struggled this school year because of challenges related to ADHD, you might want to contact the school and begin the process of getting academic accommodations in place, or have an existing 504 Plan or Individualized Education Plan updated.



Schools can begin the process of establishing academic accommodations during the summer break. Contact your child's school and ask about the process for requesting accommodations, then follow up with a written request for an academic evaluation. While some school employees and teachers may not be available, school administrators and members of the special education team can still meet with you during the summer months.

Read more on [Requesting an Evaluation in Public Schools](#).

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Do you need help with choosing what direction to go?

Call and speak to an ADHD Information and Resource Specialist



1-800-233-4050,  
Mon-Fri, 1-5pm ET



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# ADHD *in the News*

- Teens with ADHD have special treatment needs
- Children with ADHD sleep both poorly and less
- Accurate diagnosis of ADHD in the absence of teacher reports
- Friday feedback: behavioral therapy for common conditions

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

*Did You Know?*

Behavior therapy may require more time, energy and resources than medicine, but the effects of behavior therapy lasts longer. [Read more.](#)

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