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## The Benefits of Sports on ADHD Can Be Golden

With excitement for the 2016 Summer Olympic Games starting to build, many children involved in sporting activities are having their “mini-Olympic” events for families and friends.

For children affected by ADHD, sports can be a positive experience. A sport or an athletic skill your child does well and enjoys can become an island of competence that helps to build your child’s self-esteem and resiliency when faced with the challenges that come with an ADHD diagnosis.



Sports—such as martial arts, archery, swimming, diving, and ballet—that focus on mastering individual skills are particularly good for children affected by ADHD. Children can improve their concentration by learning skills from their sport, and it

can give them a physical outlet for excess energy. Many children learn self-discipline, self-restraint, and respect for themselves and others as part of the game or activity. Sports that reward the hard work of mastering skills, such as earning martial arts belts, winning ribbons for horseback demonstrations, or awards for wrestling matches, can give children a sense of accomplishment. [Read more.](#)

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## What Your Food Isn't Telling You: Its Effects on ADHD

Do the foods your child eats affect his ADHD symptoms? Do you feel a change in your symptom level when you exclude certain foods or ingredients from your meals?

Many people are interested in possible connections between what they eat and how ADHD affects them or their children. Families and researchers spend a considerable amount of time looking into different foods or ingredients to include or exclude as another way of controlling or improving symptoms.

Several myths regarding foods and ADHD have popped up during the years. We took a look at a few of the most popular. [Read more.](#)



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## Medication and You: Understanding the Essentials

Medication management for you or your child can be a challenge. While there is a lot of information on the benefits and potential drawbacks of medication management, many people don't know what questions to ask their health care providers. Many providers don't realize the need to discuss how the medication works or the best way to take medication with their patients.

CHADD founder Charles Parker, DO, is a child, adolescent, and adult psychiatrist who has worked with families like yours, who have questions about medication management for ADHD. He understands the disappointment families can feel when the medication does not work how they had hoped it would. [Learn more.](#)

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## Q&A: Dealing with Difficult Relatives Over Summer Vacation

**Question:** My son and daughter, 12 and 9, both have ADHD. We are working closely with a specialist and have treatment plans for both of them. We've seen improvement during the past year and we're happy with it.



However, we're about to spend two weeks at the family lake house with my husband's parents and his sister and her family. Frankly, my in-laws have been dismissive of our children's diagnosis from the start and my mother-in-law frequently comments that she thinks the problem is my parenting skills. Do you have any suggestions on how we can have a pleasant two weeks without any blow ups over our children's ADHD diagnosis or behavior?  
-- Mom in Michigan

**Answer:** Many parents have contacted the National Resource Center on ADHD over the years to ask a similar question: How do I deal with family members who have trouble understanding ADHD as a diagnosis? Your dilemma is a common experience in the ADHD community. [Read more.](#)

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## Using Technology to Diagnose ADHD



Dr. Max Wiznitzer explains the pros and cons of using technology to diagnose and treat ADHD. "For ADHD, technology has to be integrated in such a way to take advantage of the core information, but utilize it in an innovative and refined way," says Dr. Wiznitzer.

Watch

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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.

# ADHD in the News

- Attention problems in early childhood can have lasting impact
- Acetaminophen use in pregnancy linked to autism, ADHD in offspring
- How to motivate your ADHD child
- What is the link between ADHD and working memory?

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

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## Did You Know?

Michael Phelps, among several Olympian athletes who have ADHD, made history as the first U.S. men's swimmer to qualify for five Olympics. [Read on.](#)

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