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## Helping Students Improve Their Working Memory

Is it possible that your students' working memory demands can exceed their working memory capacity?

Working memory is what enables us to hold new information in our minds, apply previously learned information or skills to the new information, and solve problems. Unfortunately, students affected by ADHD can have difficulty holding information in their working memory. Poor working memory leads to inattention for many students.

Susan Gathercole, the director of the Medical Research Council Cognition and Brain Sciences Unit in Cambridge, has studied working memory issues experienced by students and has suggestions for educators to help students improve their working memory. [Get Tips on Improving Working Memory.](#)



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## Q&A: Can Sugar Make My Child Hyperactive?

**Question :** My daughter is 10 and has ADHD. I've heard some people say that it's because she's eating too much sugar, but I really do try to watch what she eats. We limit candy and other sweets, although she's allowed to have an occasional treat. Should we cut sugar from her diet entirely?

-- Mom in Ohio

**Answer:** Cutting out sugar entirely is not a necessary part of your daughter's ADHD treatment. Research studies show that sugar does not cause hyperactivity, nor aggravate most people's ADHD symptoms. [Read on.](#)



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## Study Shows Medication Can Help Prevent Teens' Risky Behaviors

Should you employ medication as part of your child's treatment plan? While this is a question best answered between you and your child's doctor, a newly released study offers evidence that medication management makes a difference when it comes to teens avoiding risky behaviors.

The researchers examined 150,000 Medicaid claims for children affected by ADHD in South Carolina during a 10-year period. What they found was that children whose treatment plans included medications for ADHD were less likely to experience negative consequences from risky behaviors during their teen years. These negative outcomes included sexually transmitted diseases, substance abuse,

and injuries.

Teens who employed medication decreased their risk of contracting an STD by 5.8 percent; reduced the risk of substance abuse 7.3 percent; and lessened their risk of injuries, usually caused by impulsive or inattentive behaviors, by 2.3 percent. [Continue reading.](#)



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## ADHD Leaves Women Feeling Lonely

According to a recent study, women affected by ADHD cope with much more than inattention—frequently, women face insomnia, chronic pain, anxiety, and substance abuse along with their ADHD symptoms. Almost half of the women in the study have considered suicide.

The majority of the women in the study described the loneliness that comes from struggling to maintain appearances, even though these women felt themselves to be crumbling inside from the weight of ADHD.

“The symptoms of the disorder can cause social challenges and difficulties in the work environment,” says Esme Fuller-Thompson, the study researcher. “It is possible that these struggles, particularly if [they are] internalized, may cause some women with ADHD to develop feelings of self-blame and low self-esteem, which can influence mental health in the long term.” [Read on.](#)



## Tailoring Preschool Classrooms to Engage Young Children with ADHD

Featuring Mary Wonderlick, MA  
August 16, 2-3 pm ET



Does your preschool classroom help your young students affected by ADHD and other behavioral and learning challenges grow and thrive? Preschool classrooms help children gain a foundation in the knowledge and skills needed for later school success. Your daily schedule, room setup, instruction, and classroom activities all play a role in a good learning environment for your students. While many similarities exist across all preschool classrooms, there are specific strategies to create optimal learning settings for young children exhibiting challenging behaviors.

Join us to learn how to:

- Create a design for your classroom to engage young children with ADHD behaviors
- Make changes to the daily schedule to benefit young students with ADHD
- Learn two instructional strategies for students who have ADHD
- Tailor common preschool learning activities such as reading aloud, circle time, and center time for students with ADHD and other learning or behavioral challenges

Save My Seat

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## ADHD *in the News*

- Combination of meds may be best for long-term outcomes of ADHD
- ADHD-related insomnia gets better over time
- New ADHD study shows negative social implications of early childhood diagnosis may outweigh benefits for children with less severe symptoms
- 6 common assumptions about ADHD that aren't helping students

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

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One myth states that poor parenting causes ADHD.

## Did You Know?

Instead, research studies point to genetic (hereditary) and neurological factors (such as pregnancy and birth complications) as the main causes of ADHD rather than social factors. [Read other myths on ADHD.](#)

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