

[View this email in your browser](#)



 Share  Tweet  Forward

## in this issue...

- [ADHD Hasn't Stopped Michael Phelps from Winning Gold...Again](#)
- [Q&A: How Will the New 504 Plan Guidance Help My Child?](#)
- [Help Your Child Weather the Academic Storm](#)
- [Homework Tips for a Good School Year](#)
- [Learn Better Communication with Your Child's Teacher](#)
- [ADHD in the News](#)

---

## ADHD Hasn't Stopped Michael Phelps from Winning Gold...Again

The most decorated Olympian of all time Michael Phelps has won gold again at the Rio 2016 Olympics.

Phelps was diagnosed with ADHD in elementary school and his mother, Debbie Phelps, a school administrator near Baltimore, Md., introduced him to swimming to help him cope with his ADHD symptoms. From there, Mr. Phelps swam into history as a top American athlete. [Learn what helped Michael Phelps excel in his field.](#)



## Q&A: How Will the New 504 Plan Guidance Help My Child?

**Question:** I just read the Department of Education’s Office of Civil Rights (OCR) has just told schools they need to follow the 504 Plan rules better for students with ADHD. How does this help my child? Does the school have to follow this guidance, or is it just a suggestion? And will it help me when I work with the school to have a 504 Plan created for my child?

—Mom in Colorado

**Answer:** We brought your questions to two members of CHADD’s Public Policy Committee and asked them how this guidance was going to help parents and students affected by ADHD. We also talked about CHADD’s role in working with the Office of Civil Rights while it was preparing the guidance. [Read on.](#)



---

## Help Your Child Weather the Academic Storm

School is just around the corner or has already begun for some students. Last year may have been a struggle for your child because of his ADHD symptoms. Keeping tight rein on the homework beast can be particularly difficult for middle and high school students who have trouble organizing. Assignments tend to get lost or forgotten or take longer than teachers anticipate for students affected by ADHD.

Developmental pediatrician Mark Bertin has suggestions for readers of CHADD’s *Attention* magazine to help their children reduce the stress that come from multiple school assignments.

“Stress is often defined as the perception that something in life is not manageable,” Dr. Bertin writes. [Read on.](#)



---

## Homework Tips for a Good School Year

For students with ADHD, homework can be a constant struggle, as children with ADHD drift off task, assignments and books get lost, or worksheets are half-

finished.

You can help your child prepare and tame the homework beast, though, by creating a special, dedicated space for them to work and stocking it with the supplies they need such as pens, pencils, sticky notes, and folders. [Read on for more homework tips.](#)



---

## Tips to Communicate with Your Child's Teacher

Teachers can find teaching children with ADHD or related conditions to be challenging. Communicating effectively with teachers is one of the most important things you, as a parent, can do to ensure that your child receives the support needed for success. [See slideshow for more tips.](#)



---

# ADHD *in the News*

- Misuse of stimulant meds tied to ADHD, conduct & substance problems
- ADHD med linked to brain changes in kids after stopping
- Autism, OCD and Attention Deficit may share brain markers
- Increase in evidence-based practice for children With ADHD

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

---

*Did You Know?*

Earvin "Magic" Johnson, a 1992 Olympic gold medalist on the American Dream Team for basketball, was diagnosed with ADHD in his early childhood.

---



# Be Extraordinary

#CHADD2016

Annual International  
Conference on ADHD

Costa Mesa, CA  
November 10-12, 2016



---

[NRC Website](#)

[Facebook](#)

[Twitter](#)

[Youtube](#)

---

*Copyright © 2016 NRC - A Program of CHADD, All rights reserved.*

Want to change how you receive these emails?  
You can update your preferences or unsubscribe from this list