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Learn 6 Tips to Stop Procrastination in College

College starts next week for many young adults and non-traditional students. Keeping ADHD symptoms in check is a constant struggle for college students, many of whom are now creating their own support structures.

A recent feature in *The Best Schools* offers college students the following tips to help study and avoid procrastination:

Make good use of your smartphone

Use all the functions as your personal coach: calendar, alarms, note-taking tools, and email system. It's already your companion, so using it to help you plan and



schedule your day, remind you of to-dos and keep you in touch with professionals is a natural. [Read on](#) for more tips.

Dear Teacher, What I'd Like You to Know About My Child...

Dear Teacher:

My delightful, smart, creative, and kind of quirky child will be in your classroom this year. He also has ADHD. I am looking forward to you being his teacher, and I want to work with you to make this a successful school year. I know you have prepared for this year, too, and that you have your students' success deep in your heart. That's why I wanted to share a few things with you about ADHD and my child.



The science of ADHD is compelling

Research shows that ADHD is a brain-based disorder, characterized by differences in brain structure and function that affect behavior, thoughts, and emotions. Studies show ADHD has a biological basis, stemming from brain differences as well as genetics. Exposure to toxins, such as lead, can also cause ADHD. [Read more.](#)

CHADD Young Scientists: Where are They Now? Part One

During the past eight years, 19 researchers have received CHADD's Young Scientist Research Award, presented during its annual international conference on ADHD. CHADD recognizes new researchers in the ADHD field who are making contributions that further our understanding of ADHD. While preparing to announce this year's winners, we caught up with a number of our past recipients and asked them what winning the award has meant to them and what they're doing now. Many of the recipients said they felt CHADD's prestige and the award helped further their careers in ADHD research.



We are delighted to share the stories of a group of Young Scientist Research Award recipients. [Continue reading.](#)

When It's Not Just ADHD—Getting Help at School

Is your child among the majority of children and young adults who is coping with ADHD-plus? More than two-thirds of kids diagnosed with ADHD also have a co-occurring condition, frequently an emotional/behavior disability, or EBD.



Students affected by both ADHD and EBD can receive services at school, writes Shari Gent, MS, in *They Told Me My Child is Disturbed: ADHD with Other Mental Health Conditions Goes to School* from CHADD's *Attention* magazine. [Read more.](#)

Ask the Expert Educator Edition: Working with Your Students' Parents, and Caregivers

Building Partnerships with Parents and Caregivers

Featuring Lee Kern, Ph.D.
August 30, 2-3 p.m. ET

As an early childhood educator, are you looking for ways to improve communication between you and your students' parents and caregivers? Keeping communication open is important for preschoolers' learning to continue outside of the classroom. Preschoolers with ADHD need consistent reinforcement of positive behaviors and early pre-academic skills. Building good communication between you and parents and caregivers can strengthen the information and skills you teach in the classroom.



When you attend our webinar, you'll learn to:

- Practice new ways to communicate with parents and caregivers
- Explain to parents and caregivers how they can change classroom strategies to use them with home activities
- Describe to parents and caregivers how they can include pre-academic skills during home routines

Save My Seat



ADHD *in the News*

- ADHD associated with unhealthy diet in pregnancy
- Acetaminophen use during pregnancy linked to childhood behavioral problems, study finds
- ADHD in older adults
- To parents of children with learning and other disabilities

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

Did You Know?

Many people with ADHD struggle with short-term memory. They can remember where they grew up, but not the meeting their boss told them about 3 minutes earlier. These apps may be helpful: [Evernote](#) to jot down thoughts or [FollowUpThen](#) to send you helpful reminder emails.



Be
Extraordinary
#CHADD2016

Annual International
Conference on ADHD

Costa Mesa, CA
November 10-12, 2016



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