

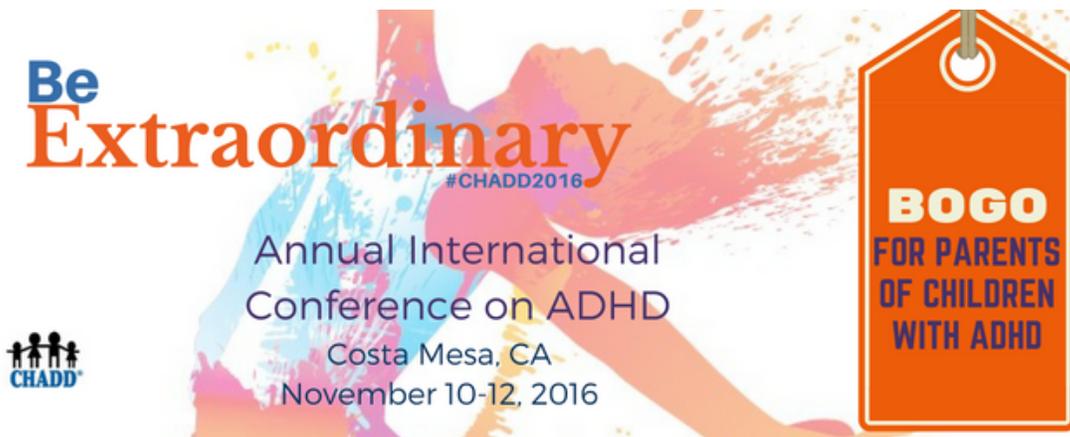
[View this email in your browser](#)



 Share  Tweet  Forward

 in this issue...

- [Ready for the Season? Prepare Your Fall Clean-up Checklist](#)
- [How Food Relates to ADHD](#)
- [Halloween Tips for Your Little Pumpkins](#)
- [Steps in Diagnosing ADHD for an Adult](#)
- [ADHD in the News](#)



Ready for the Season? Prepare Your Fall Clean-up Checklist

Now is a good time to get your home ready for the coming winter before the frenzy of the holiday season erupts. When you have ADHD, getting yourself motivated or knowing where to start can be a challenge when it comes to organizing your home. Leslie Rouder, LCSW, offers readers of *Attention* magazine tips on seasonal cleaning and organizing projects in *Spring Cleaning? ADHD? No Problem!* that also apply when leaves begin to fall.

We've prepared a few helpful to-do lists of some common fall tasks. [Start your own fall clean-up list from these suggestions.](#)



Why Eating on the Go is a No-Go for ADHD



The bombardment of nutritional information from the internet and popular media can become overwhelming, especially if you're affected by ADHD. Roberto Olivardo shares what you need to know about food, eating, and nutrition when you're diagnosed with ADHD. Watch the first of a three-part animated series on why eating on the go may be worse for your body than you thought.

Watch

Halloween Tips for Your Little Pumpkins

Maybe you remember Linus in the pumpkin patch in the TV special *It's the Great Pumpkin, Charlie Brown*, waiting for the Great Pumpkin to bring his treats while his sister Lucy impatiently waits for him to get a move on so they can go trick-or-treating. Just like the famed Peanuts characters, you may be waiting for your little pumpkins to get into their costumes and head out for a party or trick-or-treating.



We don't know if any of the Peanuts gang coped with ADHD symptoms, including impulsivity, distractibility and accompanying sensory concerns, but you may need to keep those symptoms in mind on Halloween night to prevent ADHD from dropping a rock in their trick-or-treat bag, just like Charlie Brown got.

[Get Halloween Trick-or-Treat Tips and join the discussion.](#)

Steps in Diagnosing ADHD for an Adult



Do you keep losing your keys, feel you can never finish anything at work, or have had a family member suggest, "You might have ADHD?" It could be time to seek an evaluation for ADHD. Getting a proper diagnosis of ADHD is the first step to getting treatment. A diagnostic evaluation can be provided by a qualified mental health care professional or physician who gathers information from multiple sources. It is important to ultimately gain control over the symptoms that wreak havoc in your life, personally and professionally. [See more.](#)



ADHD *in the News*

- ADHD symptom persistence into adulthood estimated
- Do psychostimulants cause inadequate early morning ADHD symptoms management?
- Culturally sensitive treatment program serves Latino children with ADHD
- Children of severely obese mothers at higher risk of ADHD

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



Are you a parent or adult who needs additional ADHD resources? Are you searching for information on evidence-based treatment, laws and legal protections, or struggling with finding an ADHD professional?

CHADD's National Resource Center on ADHD hosts an ADHD helpline. This is a free resource for students, adults, parents, and anyone else affected by ADHD. NRC health information specialists respond to your questions and discuss resources near you. You can call at 800-233-4050, Monday through Friday, 1-5 p.m. ET, to speak with an information specialist.



SAVE THE DATE

[NRC Website](#)

[Facebook](#)

[Twitter](#)

[Youtube](#)

10/27/2016

Get Ready for the Season with Fall Check-up List & Halloween Trick-or-Treating Tips!

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

Did you get a forwarded email? Join to receive our free ADHD Weekly newsletter.