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 in this issue...

- [How One School Improved Children's Behavior Through Mindfulness](#)
- [Ask the Expert Part II: Practical Strategies for Protecting Kids and Changing Systems](#)
- [Figuring Out What Students with ADHD & Dyslexia Need](#)
- [Tips for Facing Election Season Stress](#)
- [ADHD in the News](#)



How One School Improved Children's Behavior Through Mindfulness

Can teaching students how to practice mindfulness reduce classroom disruptions and help improve tests scores? For some Baltimore City students, becoming more mindful has been a step toward better choices in behavior and academic preparation. Several of the participating schools have seen a decrease in behavioral referrals and detention. Many children participating in the program are affected by ADHD or symptoms of inattention and distractibility or impulsivity related to other conditions.



[Read more](#) about how mindfulness practices can help improve students' behavior and the ADHD symptoms of inattention and impulsivity and share your thoughts.

Ask the Expert Part II: Practical Strategies for Protecting Kids and Changing Systems

Featuring Matthew Cohen, JD
Monday, Nov. 7, 3-4 p.m. ET

Join us for *Part II: Practical Strategies for Protecting Kids and Changing Systems*, presented by Matthew Cohen, JD. We will discuss what the Office of Civil Rights' guidance documents mean for your children with ADHD. What happens when you run into issues with identification or evaluation of your student for services under Section 504?



Importantly, what if you are past the evaluation process, but still have issues or concerns with the implementation of your child's 504 plan? You will learn how to use these documents to advocate for your child in these and other situations.

Save My Seat

Did you miss Part I of our webinars on the Department of Education's Office of Civil Rights Guidance on ADHD? [Watch it now](#) to learn what the *Dear Colleague Letter and Resource Guide on Students with ADHD* says and why it is important for your child.

Figuring Out What Students with ADHD & Dyslexia Need

A child struggling with words and sounds can also seem distracted. Is she having trouble decoding the words or has she lost her attention for the task? Could it be that the child not only has dyslexia but is also dealing with the symptoms of ADHD? For the teacher, understanding the differences between the disorders can sometimes be puzzling when working with a student who is struggling.



“You have to figure out what this child needs,” says Joan Teach, PhD. “I would love every teacher to approach every child, to have in her mind (the question), ‘What is it that is making this child act this way? Is the difficulty ADHD, or dyslexia, or could it be both?’”

[Read more on teaching students with co-occurring ADHD and dyslexia.](#)



Change the life of
someone with ADHD



Tips for Facing Election Stress

The stress and tension of this election season is clearly upon our nation. A recent Harris Poll conducted on behalf of the American Psychological Association found 52 percent of Americans report the 2016 election is a significant source of stress for them.

For people affected by ADHD, including the many people who also have co-occurring anxiety, this stress not only affects the adults in the family, but can trickle down to the children in the family as well. Stress displayed by parents can affect their children's behavior and cause them to act out at school for no apparent reason.



[Get tips for combating election season stress.](#)

The logo features a stylized orange flower with six petals 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

- New Medgenics data confirms presence of specific genetic mutations in many ADHD children
- Kids with Autism may be over-diagnosed with ADHD
- Does your mind jump around, stay on task or get stuck?
- ADHD, SIDS, and vaccines: What's the link?

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

Did You Know?

An extra hour of sleep is coming your way as Daylight Saving Time ends on Sunday, Nov. 6. The change is automatic for most smartphones, computers, tablets and other digital devices, but don't forget to change back your clock on analog devices like watches, your oven or the clock on your car's dashboard. It's also a good time to change the batteries in your smoke alarms and carbon monoxide detectors and make sure they are in working order.

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