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2017 GOALS
Mental Health

1. Connect with my CHADD community
2. Find support at my local CHADD chapter
3. Get more information and resources at help4adhd.org/nrc or 800-233-4050

A graphic with a dark background and white text. The title '2017 GOALS' is written in a chalk-like font, with 'GOALS' being larger. Below it, 'Mental Health' is written in a smaller font. A yellow target icon with a white arrow is positioned over the 'O' in 'GOALS'. Below the title is a numbered list of three goals.

[Sensory processing disorder & ADHD: What to know](#)

Have you ever been told that your child might have sensory processing disorder, in addition to ADHD? What is sensory processing disorder and can sensory integration therapy reduce ADHD symptoms? And is it really the cause of a child's problems, rather than the symptoms of ADHD or another co-occurring condition?



Max Wiznitzer, MD says that sensory processing disorder, in his professional opinion, is not a diagnosis but instead a description of behaviors. While some of the techniques used in sensory integration therapy can help co-occurring conditions, such as anxiety, he says sensory integration therapy does not help with ADHD symptoms.

What should you do when it's suggested your child diagnosed with ADHD might benefit from sensory integration therapy? Dr. Wiznitzer says to start asking questions about the reasons for a suggestion of SPD and the treatments being recommended. [Read more about SPD and ADHD and what you need to know.](#)

Supporting your child's religious education

Schools have let out for the holiday season. If your family belongs to a house of worship, this might also include a seasonal break for your children's religious education programs.



The same difficulties your child diagnosed with ADHD struggles with during the school day can follow her into the religious education program you've selected. Unlike the public school, the teachers in your child's program are often lay volunteers who don't have formal training in education. So what can you do in January to help your child be successful in religious education classes?

Jennifer Laszlo Mizrahi of RespectAbility has tips for working with your child's religious education program to create a worthwhile experience. [Keep Reading.](#)



Ask the Expert: Still looking for the right gift for your child?

Are you looking for a last minute gift for a child in your life? The days before Christmas are the busiest shopping days of the year. You may want to make a plan before heading to the crowded stores.

Megan Murphy, MEd, DT, a family play specialist gives her top tips for picking out the right gift for your child:

1. Shop with the child's interest in mind.
2. Look for materials with fewer background distractions and simpler designs.
3. Seek out toys and games that help improve executive function skills.

[Get more tips and watch *Holiday Gifts for Children with ADHD.*](#)

Watch



- Differences between ADHD & Bipolar Disorder in children
- Study finds more med students with disabilities; ADHD tops list
- Paternal aging and its possible link to neurodevelopmental disorders
- Guarding your kids against screen addiction during the holidays

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

Did You
Know?

The National Lekotek Center prepares the [Toy Guide for Differently-Abled Kids](#) each year. You can get expert toy and game suggestions for the children affected by ADHD and other disabilities in your life.

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