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### New Study Highlights Motivation for Healthier Lifestyles

A recently released study shows that African Americans are pursuing healthier lifestyles while relying on organizations and support systems dedicated to the African-American community. [This can be significant when it comes to identifying and treating ADHD.](#)

### The Art of the To-Do List

Externalizing short-term memory is an important part of managing ADHD. The classic “to-do” list can [help you remember what needs to be done and keep you on track.](#)



## Ask the Expert: Educator Edition

### ADHD & Executive Functioning

Featuring Kristin Sinclair, MA  
Tuesday, Oct. 30, 2 p.m.

[Register Now](#)

Did you know that ADHD affects between 8 and 12 percent of school-aged children of all demographics in the United States? In today's learning environment, teachers must balance the needs of their class while helping students with ADHD learn effectively. This Ask the Expert Educator Edition is designed to help educators identify common ADHD-related learning challenges and learn more about the proven classroom techniques, interventions, and the latest research to enhance school success for students with ADHD.

During the webinar, we'll discuss how to identify common ADHD-related learning challenges and will explore proven classroom techniques, interventions, and the latest research to enhance school success for students with ADHD.

**Kristin D. Sinclair, MA**, is an instructional coordinator in the Department of Exceptional Children of the Cabarrus County School System in Concord, NC. Her primary research interests include teacher knowledge and the decision making process to support students with ADHD and early literacy for students at-risk or who have disabilities.



# ADHD *in the News*

- Is that brain fog really adult ADHD?
- Relationships between neurological and psychiatric disorders: Could migraine and ADHD be correlated?
- History of ADHD Associated With Increased Risk for Basal Ganglia and Cerebellum Disorders
- Anatomical Patterns Present in Childhood ADHD May Predict Phenotypic Variation
- Scientists discover genes that contribute to ADHD development

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

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Are You  
Aware?

Join in our ADHD Awareness Month Photo/Image Contest! From now until Oct. 26, you could win Apple AirPods and more. Follow us on [Instagram @help4adhd](#) and submit your image with text answering, *What do you wish other people understood about your ADHD?* Tag your post [@help4adhd](#) and #SEEADHD. Winners will be notified via Instagram on Oct. 31. All images will be used by the NRC/CHADD at its own discretion.

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