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### Over the River and Through the Woods: Traveling with ADHD

This year could have a record number of December travelers. How do you plan to work with ADHD symptoms to make your travels a little bit easier? [We asked an expert for her ideas.](#)

### Make Your Homestead Cozy and Bright

We asked readers how they plan to handle the oncoming holiday rush and invited them to share their tips for making the season a better experience. [Here are their suggestions.](#)





## Ask the Expert Highlight

Choosing Gifts for Children Affected by ADHD

Featuring Ahren Hoffman, CTRS

Watch Now

How can you pick a toy that captures a child's imagination and allows her to readily interact with it?

ADHD can affect how a child plays and the enjoyment he finds in particular toys. Certified Therapeutic Recreation Specialist Ahren Hoffman, discusses how to choose toys and recreational materials for children who have ADHD and other conditions during this holiday season and throughout the year.

Anyone who has the opportunity to buy gifts for children will find this to be an informative and helpful webinar on toys for differently abled children.

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# ADHD *in the News*

- African-American mothers rate boys higher for ADHD
- Is ADHD Really Increasing?
- Review: Stimulants Can Help People With ADHD + Drug Use
- Redshirting Debate Just Got New Fuel with ADHD Study
- Infections during childhood increase the risk of mental disorders
- Psychologists Explain The Upsides Of The ADHD Brain

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

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## Did You Know?

Difficulties with emotional regulation can be a symptom of ADHD for many children and adults. Judging how big an emotion feels is part of [executive function](#); it means that sometimes a little emotion can become overwhelming to the person.

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