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- [Fidget Toys and ADHD: Still Paying Attention?](#)
- [Down the Rabbit Hole: The Internet, Social Media, and ADHD](#)
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### Fidget Toys and ADHD: Still Paying Attention?

Fidget spinners were a passing fad. [But does fidgeting have any proven benefits?](#)

### Down the Rabbit Hole: The Internet, Social Media, and ADHD

It can be too easy to sit down with social media and lose a couple hours of time. What can you do to limit your time online? [We have some suggestions.](#)





## Adult to Adult: A CHADD Webinar Series

Understanding and Applying the Science of Time Management

Featuring Ari Tuckman, PsyD, MBA  
Thursday, February 7, 2019, 2 p.m. ET

[Register Now](#)

Join us for our *Adult to Adult* webinar on time management. We will explore the science of time awareness and time management through the lens of ADHD. Together we'll uncover the reasons why adults with ADHD estimate, use, and value time differently from others.

In this webinar you'll learn to "see" time by externalizing it and "feel" time by building motivation. We'll discuss how to build a work environment that helps you get going earlier on deadlines. There will be tips and pointers to help you get and stay motivated without waiting until the last minute.

Ari Tuckman, PsyD, MBA, is the author of three books, *Understand Your Brain*, *Get More Done*, *More Attention, Less Deficit*, and *Integrative Treatment for Adult ADHD*. He is a psychologist in private practice, a former CHADD National board member, and co-chair of the CHADD conference committee.

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# ADHD *in the News*

- People With ADHD Focus Better While Exercising
- Therapeutic Video Game May Help Kids with ADHD and Autism
- Do Stimulants Really Make the Brain Work Better?
- ADHD and ODD: What's the Connection?
- Childhood Injuries Can Be a Warning Sign of ADHD

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



Curso en internet totalmente gratis sobre el Trastorno de Déficit de Atención e Hiperactividad. Gratis hasta el 28 de Febrero. Organizado por CHADD. ¿Preguntas? Llame al 1-800-233-4050 marque 2 para Español.

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