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Springtime & Sunshine: Can They Ease ADHD?

Spring is creeping across the grass. Now is a good time to be outside—[and it may even improve your child's ADHD symptoms.](#)

Digital Assistants: The Future of ADHD Support?

Adults with ADHD may consider using digital personal assistants like Alexa or Siri to support their executive functions. Is this practical or just hype? [We asked two users of the technology for their thoughts on the future of digital assistants.](#)





Help Put ADHD In The Spotlight

CHADD has been nominated to receive the 2019 Outstanding Organization Award from the Child Mind Institute.

The annual Change Maker Awards celebrate people and organizations who raise awareness and dispel stigma, help children and families directly, or work to transform the way we understand and treat mental health and learning disorders.

From among 300 organizations considered, CHADD was selected as one of 5 finalists for this award. The winner will be decided through online voting open to the public from March 13 to March 29. We would really appreciate your showing your support for us by voting for us!

[Vote Now](#)

The winner will receive the award on May 1 at a ceremony hosted by former ABC News anchor Elizabeth Vargas at Carnegie Hall in New York City. We would love to be on the podium to receive the 2019 Outstanding Organization Award and provide a platform for our cause.

[Please show your support for us by voting for us today!](#)

ADHD *in the News*

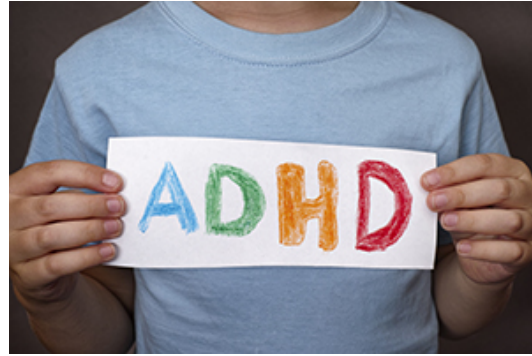
- First double-blind controlled trial of TNS shows reduced symptoms in some children with ADHD

- How professionals with ADHD make their jobs (and life) work for them
- Linking genes to ADHD by mapping connections in the brain
- Genetic research is the wrong way to make sense of ADHD
- Can Marijuana Treat ADHD?
- Why The College Admissions Scandal Hurts Students With Disabilities

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

ADHD Moment

So what is it like to be an adult with ADHD? One man's recent social media thread has made the rounds as he tells his story of ADHD.



ADHD Moment

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