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Have you booked this summer's family vacation yet? An expert on child behavior and ADHD has travel [tips to make your getaway more enjoyable.](#)

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Parents frequently hear that medication will affect their child's height. But is that really true? [Experts say it's unlikely to make much of a difference.](#)

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Ask the Expert

Redefining Healthy Eating and Our Relationship with Food
Featuring Roberto Olivardia, PhD
June 11, 2019 | 2 p.m. ET

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Did you know that ADHD can affect your relationship with meals? It can be hard enough for anyone to plan meals, choose healthy foods, and establish consistent routines around food and eating. This becomes even more challenging when ADHD symptoms interfere with your meal plans.

Dr. Roberto Olivardia will discuss why people with ADHD are prone to developing unhealthy eating habits and are at higher risk for obesity. He'll offer you some practical and mindful strategies for establishing healthier eating habits. The goal is to help you develop a more positive relationship with food.

Roberto Olivardia, PhD, is a clinical psychologist and lecturer in Psychiatry at Harvard Medical School. He maintains a private psychotherapy practice in Lexington, Massachusetts, where he specializes in the treatment of ADHD, executive functioning issues, and issues that face students with learning differences. He also specializes in the treatment of body dysmorphic disorder,

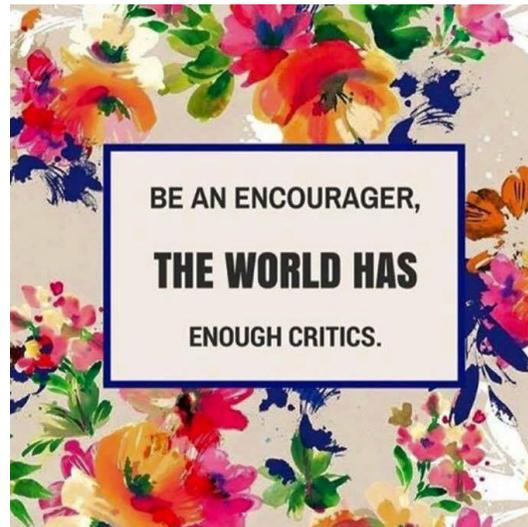


ADHD *in the News*

- Teens with ADHD get more traffic violations for risky driving, have higher crash risk
- Are Your ADHD Meds Keeping You Up at Night?
- New stimulant formulations emerging to better treat ADHD
- Why Marie Kondo's method is ideal for my ADHD
- ADHD Medications Can Cause These Side Effects
- My child was being bullied at school. Here's what I did and what you can do, too.

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