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 in this issue...



## Summer Break, Treatment Break?

**Q:** What about stopping medication for my child this summer?

**A:** Medication holidays can be helpful in judging effectiveness, but not every child should take a break during the summer.

## Nurturing Independence in Your Children and Teens

Summer is a good time to give your children more space to practice independence. By stepping back and letting teens resolve problems and meet obligations on their own, we can nurture their independence and later success in life.



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## Ask The Expert Highlight

How to Build Self-Motivation in Teens with ADHD

Featuring Maggie Sibley, PhD

Watch Now

Does your teen struggle with motivation?

Most teens affected by ADHD have trouble becoming or staying motivated. There are strategies you can use to help your teens become more self-motivated and self-directed. We will discuss situations such as whether or not to rely on external rewards and consequences to motivate struggling teens, and how to strike a balance between supporting teen independence and providing needed structure and assistance to a teen affected by ADHD.

**Margaret Sibley, PhD**, is the author of *Parent-Teen Therapy for Executive Function Deficits and ADHD: Building Skills and Motivation*, a comprehensive guide for professionals.

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The logo features a stylized orange sunburst icon to the left of the text "ADHD in the News". "ADHD" is in a large, bold, blue sans-serif font, while "in the News" is in a smaller, blue, cursive script font.

- No Upped Risk for Psychosis With ADHD Tx in Teens, Young Adults
- Adhansia XR Soon to Be Available for ADHD
- Telepsychiatry helping teens with mental health disorders
- Is YouTube a Reliable Source for Information About ADHD?
- Guanfacine vs. Adderall: What is the difference?
- 10 Tips for Massively Increasing Your Productivity From a CEO With ADHD
- Teen Drivers with ADHD More Likely to Crash

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

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Know?



Now open! This is the largest gathering of the ADHD community this year. The conference is November 6-9 in Philadelphia, Pennsylvania. Learn more at [TheADHDConference.org](http://TheADHDConference.org).

### 2019 Annual International ADHD Conference

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4221 Forbes Blvd, Suite 270  
Lanham, MD 20706

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