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## Stress-Less This Holiday Season

With the holidays about to begin, [we bring you tips on making it a happy season for your family.](#)



## CHADD Responds to FDA Request for Comments on ADHD Medications

Making stimulant medications harder to abuse benefits us all, but we must make sure these efforts do [not reduce appropriate access to prescribed medications or increase the stigma associated with ADHD.](#)

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## Ask the Expert Highlight

### Behavioral and Emotional Concerns of Children with ADHD: Strategies to Help

Featuring Gina Richman, PhD, and Kristi Phillips, PsyD

Watch Now

Is your family struggling with some of the social and emotional challenges that can accompany ADHD? Get parenting strategies that may be helpful to improve family relationships in this *Ask the Expert Highlight*.

As we approach the holiday season this presentation offers useful tools you can use right away and gain renewed inspiration from others who know what you're going through.

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

- Omega-3 oils boost attention as much as ADHD drugs in some children
- Behavioral Interventions Beneficial for ADHD
- Autism-linked gene variants increase odds of attention deficit
- Autism, ADHD risks increased for adolescents with hypogonadism, delayed puberty
- Study Looks at Genetic Cause-and-Effect Between ADHD and Substance Use
- Prenatal Exposure to Air Pollution Tied to Brain Changes Often Seen in ADHD, Autism
- High-fat maternal diet can cause life-long changes in the fetal brain
- Think your child has ADHD? What your pediatrician can – and should – do
- ADHD Project Will Use Telehealth to ID, Treat Parents in Need of Help

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

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## Did You Know?

Did you know the Turkey Talk-Line expects to receive more than 100,000 calls this holiday season? The talkline fields questions on when to thaw your turkey, how long to roast it, and how to tell when it's done. No turkey dinner question is off limits!

You can call the Turkey Talk-Line at 800-288-8372.

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