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Planning to Get Organized? Get Tips That Can Help

This is the time to plan your new organizational system. Experts offer [some suggestions to get you started.](#)

Pain Reliever May Increase ADHD Risk

Researchers continue to investigate the role a common pain reliever [could play in developing ADHD in utero.](#)



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ADHD 365 Podcast

What is MeHealth for ADHD?
Featuring Tanya Froehlich, MD, MS

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Clear communication is important when you're seeking diagnosis and treatment for ADHD. Is MeHealth for ADHD a breakthrough tool in assessing and treating that will improve communication among physicians, parents, and teachers? How can it be used to optimize medication treatment and minimize side effects? Dr. Tanya Froehlich discusses these possibilities in the most recent ADHD 365 podcast.

Tanya Froehlich, MD, MS, is a developmental-behavioral pediatrician and an ADHD clinical specialist and researcher.

ADHD *in the News*

- Parents pay thousands for 'brain training' to help kids with ADHD and autism. But does it work?
- A randomized controlled trial of interventions for growth suppression in children with attention-deficit/hyperactivity disorder treated with central nervous system stimulants
- Researchers Used Brain Imaging To Predict Later Development Of ADHD And Depression Among Children
- Which Factors in Pregnancy Affect Babies' Brains?
- Study calls attention to cost of air pollution-related conditions in kids
- How to Overcome Your Need for Perfection

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ADHD Moment

Our friend Rick Green of *TotallyADD* reflects on why resolutions don't necessary work out when you have ADHD.

ADHD and New Year's Resolutions

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