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Are You Suddenly Working from Home?

Millions of people are unexpectedly working from home during this time of social distancing. We have some [tips from The ADHD Blog to help you get started.](#)



Try White Noise to Stay On Task

White noise can help you to decrease distractions and [stay on task while you're working from home.](#)

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The ADHD Blog: Resilience and Routines for Families During the Pandemic

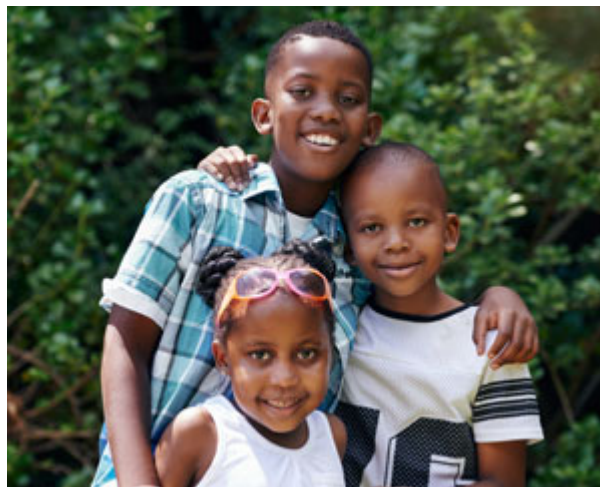
Caring for your loved ones is a priority. An expert has [tips for your family during this time of social distancing](#).



Find Support At The ADHD Blog

Follow CHADD's ADHD Blog for tips and support during this time of social distancing.

[The ADHD Blog](#)



Ask the Expert Highlight

Strategies for Promoting Positive Behavior in Children with ADHD and Their Siblings

Featuring Jennifer Keluskar, PhD

Watch Now

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Families are experiencing a time of increased togetherness. Often children with ADHD will struggle with their behavior. Their siblings can also find it difficult to play nicely, too, especially in close quarters.

Dr. Jennifer Keluskar offers strategies used to manage behaviors in children with ADHD that can also help their siblings in this [Ask the Expert Highlight](#). Learn new ways to create a happier home life and improved relationships with your children.

Upcoming Webinars

[Ask The Expert: Parents-Help Your Child to Be Angry Better](#)

March 26, 2020, 12 PM EDT

Featuring Dayle Malen LCSW, MEd

[Ask The Expert: ADHD Diagnosis & Treatment Guidelines Information for Parents](#)

March 31, 2020, 2 PM EDT

Featuring Max Wiznitzer, MD

[When You and Your Child Have ADHD: Communication Skills to Resolve Conflict](#)

April 3, 2020, 2:30 PM EDT

Featuring Christine Kotik, ACC

CHADD's Young Scientist Awards Accepting Applications

CHADD is now accepting applications for the [2020 Young Scientist Research Awards](#). The program recognizes emerging researchers in the ADHD field who are completing a doctoral degree or have completed a doctorate in or after January 2017.



ADHD *in the News*

- How inattention-hyperactivity affects the brain
- Study links children's sleep duration to behavioural disorders

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- Autism, ADHD
- Inside the outbreak: Teaching and feeding
- How 'regular school' parents can homeschool their kids
- How to Keep Up Healthy Routines
- When Your Child Has ADHD, There Never Seem To Be Enough Hours In Each Day
- I Have ADHD. Here Are 9 Productivity Tips That Really Help Me
- 5 Reasons to Try Online Therapy
- How Do You Know If Your Child Gets Too Much Screen Time?

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

CHADD
President

CHADD understanding this is a stressful time for the ADHD community. CHADD president Belynda L. Gauthier and incoming president Pat Hudak have resources and words of encouragement for you.

We Will Be Here For You

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