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Happy Anniversary for ADHD Weekly E-Newsletter!

We are celebrating one year of bringing you timely and useful information on ADHD and how it affects your life through this e-newsletter.

"Each week, we offer expert, science-based information to help you understand, treat, and live fully with ADHD," says CHADD's NRC Director Leslie Kain.



What topics would you like to see us cover in *ADHD Weekly* this coming year? [Keep reading to share your feedback with us.](#)



Start the New Year Right: Classroom Tips for Teachers

Pack up the menorahs, take down the Santa, and sweep up the tinsel from the classroom floor. The holiday season is now just a memory, and it's time to get back into gear after the winter break. Students may have gotten out of the learning mindset, and even your students without ADHD can have a tough time refocusing on schoolwork. What's a teacher to do?

We talked with some classroom teachers for tips to help your students start the year off right.

Their suggestions include a fun game called "3-2-1 Ball Drop," talking about what they did before and during the break, ways to get organized, and embracing fresh starts. [Continue reading for their ideas to use in your classroom.](#)

Handling the ADHD Naysayers

Do you feel a sense of relief now that the holiday season has come to a close and you no longer have to visit extended family or friends who doubt your child's or your ADHD diagnosis?

Marie Paxson shares her experiences in handling comments from ADHD naysayers in *Dealing with Naysayers* in CHADD's *Attention* magazine. These tips help when dealing with relatives who doubt that ADHD exists.

"I often have to decide whether trying to convince them is worth my time and energy," Ms. Paxson says. [Keep reading for tips on dealing with ADHD naysayers, and share tips of your own.](#)





Ask the Expert: Tourette Syndrome and ADHD

Tourette Syndrome and ADHD: Starting a New Year with Health, School, and Home Supports.

Barbara Coffey, MD, Pamela Malley, MA, CCC-SLP, and Kathy Giordano, BS
Thursday, Jan. 19, 1-2 p.m. ET

[Register Now](#)

Did you know that 60 to 80 percent of children with Tourette Syndrome also have ADHD? These conditions frequently co-occur, which compounds the issues children face with medical treatment, school, and home supports.

Join us as we host a panel of experts offering tips to help you start the new year in the best possible way. You will hear about the top five things to ask or talk to your doctor about, specific issues to discuss with your child's school, and the ways to support your child at home. This webinar, offered in partnership with the Tourette Association of America, will leave you with a new perspective on how to best support your child affected by Tourette Syndrome and ADHD.



ADHD *in the News*

- Adding Better Mental Health Care to Primary Care
- Video Game to Treat Depression in Older Adults
- Those with ADHD Might Make Better Entrepreneurs. Here's Why.
- ADHD and Out of Sync

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

Did You Know?

Only 8 percent of those making new year's resolutions manage to keep them by the end of the year. Increase your odds when you have ADHD: make sure the goal is something you want, make it realistic and specific, and seek out accountability from a friend or coach or by placing target dates on your calendar.

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