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Coaching for ADHD Helps Parents Use New Skills

Are you puzzled about the differences between coaching and parent training for parents of children affected by ADHD?

In parent training, parents learn more about ADHD, its affect on their children and families, and how to deal with their child's ADHD in ways that minimize disruption and stress in the family.



"Coaching will look at what part of parent training worked, what didn't work, and tweak it," coach Elaine Taylor-Klaus says. "It's a great vehicle for supporting parents to put into practice what they understand about ADHD." [Read for how coaching can help you put what you've learned in parent training into practice.](#)



Keep 'Super' in Your Super Bowl Party

Would you love to throw a Super Bowl party, but concerned your ADHD symptoms make that play difficult to complete? With a few tips, you can organize a successful event that your guests enjoy.

"Let yourself off the hook and don't hold yourself to too high a standard," says ADHD coach Caroline Maguire. "It does not have to be perfect."

Ms. Maguire has suggestions that you can use to plan a great party. [Keep reading for her top tips for entertaining.](#)

College or Gap Year? Deciding What to Do Next

Is college right for your high school student? Are you worried that his ADHD symptoms might make it difficult for him to thrive in a college or university setting?

Psychologist Ari Tuckman says many young adults can benefit from a gap year between high school and college. Taking a short break from academics can help the young adult affected by ADHD gain more maturity and the skills needed to be a successful college student.

"If the break is well conceived, it will serve its purpose as a solid stepping stone that enables them to make much better use of the college experience," Dr. Tuckman says.

Would your young adult benefit from a gap year? [Get more information.](#)





Ask the Expert: College Readiness and ADHD

Is My High School Student Ready for College? (And Is My College Student Ready to Go Back?)

Featuring Ari Tuckman, PsyD, MBA
Feb. 8, 2 p.m. ET

[Register Now](#)

Is your young adult ready for college life? The distractions available on campus, including activities, friends, clubs, and social events, are very tempting for a young adult who needs to study. Toss in ADHD symptoms and it can become close to impossible to stay focused on classwork.

College students affected by ADHD may not have the executive functioning skills to manage the lack of oversight and structure that come with college life. Without a routine, your college student might flounder unless she receives support on campus.

Join us to learn how your student can show you that she's ready for college. We'll explore different situations such as handling medication, daily routines and planning social activities. We'll discuss options for students who are not yet ready and how they can use the extra time at home to help prepare for the college experience. As the parent of a student preparing for college or the parent of a college student on break, you will learn strategies to help your young adult move forward.

ADHD *in the News*

- 6 Million Visits for ADHD by U.S. Kids Each Year
- Youngest children in class 'more likely to be given ADHD drugs'
- Special education enrollment rose in 2015-2016
- 15 Questions to ask when looking for a special needs tutor

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



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