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Doctor Calls for Better Awareness of Adult ADHD

The next clinical frontier in our understanding of ADHD is addressing the disorder in adults over 50, writes David Goodman, MD, in a recent [U.S. News & World Report column](#).



He writes that the care of patients affected by ADHD can be advanced if healthcare providers and the general public understand the persistence of ADHD throughout many people's lives and the improvement in their quality of life with effective treatment. [Read Dr. Goodman's call to action for health care providers](#).

Boost Your Exercise to Help with ADHD Management

Regular exercise can help address ADHD symptoms. And while many of us think of exercise as something to make changes to our waistline, physical activity also has a profound effect on our brains. Research has shown that moderate to intense exercise provokes changes in many neurochemicals and brain structures that can help to increase attention and focus.

For children affected by ADHD, a study published in the *Journal of Attention Disorders* (Verret, 2012) showed that moderate to vigorous intensity exercise 45 minutes a day, three times a week, for 10 weeks helped with cognitive function and behavior.

So how can adding exercise to your existing treatment plan help reduce your ADHD symptoms? [Find out more.](#)



Plan to Spring Forward This Weekend

Early this Sunday morning, we will move our clocks forward one hour for Daylight Savings Time. When you have ADHD, the time change is more than just shifting an hour forward; it can affect sleep patterns and symptom management. [Read on to see the affect time change has on ADHD.](#)



Mindfulness and Parenting a Child with ADHD



Can mindfulness practices be helpful for people diagnosed with ADHD? Mark Bertin, MD, discusses this in the *Ask the Expert* webcast “Mindfulness and Parenting a Child with ADHD.”

Mindfulness, he says, is becoming consciously aware of the moment and being present in that moment. It is accepting the moment as it is—happy, sad, stressful, or at ease—along with noticing and naming the sensations and emotions we experience without evaluation or judgment.

“Mindfulness might be useful in supporting ADHD care in addition to the support of traditional care,” he says. “Being more aware of our thoughts as they happen allows us to experience them differently.”

For parents, it can help to reduce the stress caused by the ADHD symptoms that their children have. It can also help parents to become more aware of their reactions when ADHD symptoms begin to complicate tasks in daily life, he says.

“Most people begin to see fairly quickly a lot of things that go on habitually,” Dr. Bertin says. “One of the best ways to change behavioral habits is to be aware that they are going on. Mindfulness can support breaking those habits.”

[Watch now for more information.](#)

An App to Help Prevent Bullying

The time you spend with your child helps boost your child's confidence and builds effective strategies for facing bullying. The free KnowBullying app has simple conversation starters to begin a discussion with your child:

- Tips to prevent bullying
- Recognize warning signs
- Prevent bullying in the classroom

Get it on on [Android](#) or [iTunes](#).



ADHD *in the News*

- Birth date may influence child's risk for ADHD diagnosis
- 5 successful women with ADHD who talk about it
- A call for better awareness and diagnosis of ADHD in older adults
- If only I had known about ADHD before!

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

Did You Know?

The recommended amount of physical activity for kids and teens is 60 minutes a day. This includes play time, gym class and recess, and yard work or gardening.

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