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## Ask the Specialist: Talking to Teens about Healthy Dating

**Q:** My 15-year-old is interested in another young person at her high school but I'm not sure if I should let her start dating. She's had difficulties with some friends in the past, including one friend who demanded all of her time.



- Mom in Arkansas

**A:** ADHD complicates friendships for many teens and it sounds like this may have happened for your daughter. When dating begins, those same symptoms can make things rocky. Discuss with your daughter your family's values and expectations. Talk with her about the qualities to look for in a dating partner, especially respect, consideration for her feelings and values, and the understanding that they are both still developing as young people.

[Read more.](#)

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## Pay Attention Longer with Breakfast

You've heard that breakfast is the most important meal of the day. But did

you know that it directly impacts your ability to maintain attention during the morning?

Stimulant medications can suppress appetite for many people. With children, especially, this can make it hard to be sure they are getting enough nutrients and calories. There is evidence showing that a breakfast high in protein, either from complex carbohydrates or lean meats, eggs and milk products, can help medications be more effective. Breakfasts that include vegetables and fruits can also help stimulant medications to remain active in one's system for longer. [Find out more.](#)



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## To Recess or Not to Recess for Kids with ADHD?

Amid the recent failure of Florida parents to pass a senate measure to guarantee recess for elementary school children and continued national spotlight on academic standards, recess is getting pushed aside. For elementary children with ADHD, recess is more than one of the favorite parts of the school day—it's vital as a physical outlet for hyperactivity and to help their brains grow.



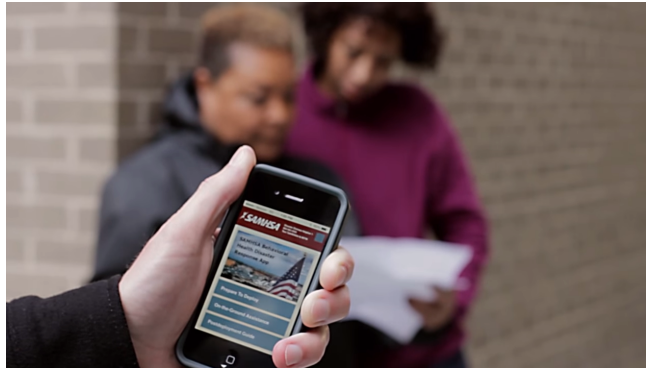
Too often, when children misbehave in class, one of the disciplinary actions schools employ is to hold children in from recess and have them spend the time either in the counselor's or principal's office. The thinking is that by removing something the child really enjoys, the punishment will deter further misbehavior. This form of punishment is not only ineffective for many students, but it can have especially negative consequences for children with ADHD. [Learn more.](#)

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## Find Resources in a Crisis at the Touch of an App

SAMHSA's Disaster App has been developed specifically for behavioral health responders to have the resources they need—when and where they need them—to provide quality support.

- **Be ready**—access resources for any type of traumatic event.
- **Be prepared**—rely on and access pre-downloaded resources on your phone in case of limited Internet connectivity.
- **Be confident**—review key preparedness.
- **Share resources easily**—send information to colleagues and survivors via text message, email, or transfer to a computer for printing.



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

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The logo for "ADHD in the News" features a stylized orange flower-like icon on the left. The word "ADHD" is in a bold, blue, sans-serif font, followed by "in the News" in a blue, cursive script font.

- Startling number of kids diagnosed with psychological disorders
- MIT study uncovers possible genetic link for ADHD, autism
- Online parent training can improve preschoolers' behavior
- Can people with ADHD really tell, "Honest Lies"?

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

Did You Know?

One common myth of ADHD is that the disorder is caused by bad parenting. What has been found is that [parenting techniques](#) can improve some symptoms.

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