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## How to Talk to Your Child About Scary News

Too often, it seems that every other headline is about terrorist attacks, school shootings, or other horrible events. Children with ADHD, especially those with co-occurring anxiety, may need your help to cope with these scary events.



As much as you try to shield your children from disturbing news reports, many young people find out about such scary events at school from their classmates. School can already be a source of anxiety for children with ADHD, who can also have emotional and social struggles. Providing them with the emotional support they need can be challenging when you're also faced with frightening news.

How do you, as a parent, comfort and help your children and talk to them about scary events? [Learn how.](#)

## Spring Cleaning

Spring is the traditional season for cleaning up and decluttering your home. While recent bestsellers talk about the joy of tidying up, many people with ADHD find getting and staying organized a real challenge.

Clutter builds up quickly, and if you're faced with piles and piles of belongings, the task can be overwhelming. Instead of trying to tackle the whole job at once, try to organize a smaller section—a room, a closet or even just a single pile. Here's one strategy for getting started and into the cleaning mood. [Learn more.](#)



## What to Expect During an ADHD Evaluation

Diagnosing ADHD is a process that takes time and can rarely be done in a short visit to an ADHD specialist. Often you will need to visit the specialist two or three times. For your child, you may be asked to have teachers or coaches complete a questionnaire about your child's behavior. Adults may have family members included in the conversation. Possible co-occurring conditions, along with personal and family history, have to be considered as part of the evaluation. [Read more.](#)



## Health Coverage Denied? File an Appeal

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**Ask the Expert:**  
**All in a Row:**  
**Getting Your Kids with ADHD Organized**

Holly H. Graff, CPO  
Wed, Apr 13, 2016 2:00 PM EDT

Keeping your children with ADHD organized can be difficult! Join us as Certified Professional Organizer Holly Hitchcock Graff gives simple and fun tips to make your children, family, and home better organized.

[Register](#)



# ADHD *in the News*

- ADHD, creativity, and the concept of group Intelligence
- How simply moving benefits your mental health
- Why does your partner feel so upbeat when you feel so sad?
- Are ADHD medications leading to bone loss?

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

## Did You Know?

Children with ADHD are more prone to injuries because of impulsivity and inattention. Work with your child so they always wear safety gear when playing sports and supervise them closely around swimming pools and playground equipments. For more tips on helping your child stay safe, visit the CDC's [Injury Prevention Center](#).

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