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## Supportive Parenting or Overparenting? Helping Your Teen with ADHD Develop Independence

How can you best help your child affected by ADHD be successful? And what is the difference between supportive parenting and overparenting, often called “helicopter parenting?”



When your child struggles with executive function challenges—remembering homework, gym shoes and being able to make good decisions about the present and future—it can become a challenge to straddle the line between fixing the problem for her or holding tight and allowing her to experience the consequences. This is especially true with ADHD symptoms since these can cause more problems for your child with behavior, grades and decision-making than what your child’s peers might be experiencing.

In an attempt to make life smoother for your child, you can take the risk of doing too much for her. Children with ADHD often have delayed maturity. It is hard sometimes to know when to let go or when you are needed to direct your child or work with someone else on your child’s behalf. [Read more.](#)

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## Got Allergies? Check for Allergy & ADHD Medication Interactions

It is spring and golden pollen is floating on the breeze. As you may be reaching for that over-the-counter allergy medication, have you considered its possible interaction with your prescription medication for ADHD?



Many medications can interact with one another. While over-the-counter medications are generally considered safe for occasional use, some allergy and cold medications, including decongestants, should not be taken alongside prescription medications for ADHD—some can interfere with how well an ADHD medication works for you. If your allergies can't be relieved without medication, discuss with your doctor possible treatments for seasonal allergies that are safe to take with your prescription. [Read more.](#)

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## Practical Tips for Money Management: Part 1

Money management can present unique challenges for individuals affected by ADHD. To provide some helpful suggestions, we are presenting the first of three features with tips on handling your personal finances.



For many families affected by ADHD, the economic recovery from the financial recession of the last decade is still going slowly. Underemployment and career change are continuing problems related to both the economy and the symptoms of the disorder. What are some practical steps you can take to help manage your finances while being mindful of how ADHD can affect them?

Ana Romero is the controller at a large corporation based in California. She offers CHADD's *Attention* readers some tips on weathering a recovery economy. Among them is to create a cash budget and develop skills to handle money more efficiently. The key is to stabilize your spending so you don't go into debt over everyday expenses. It's important, though, to budget for the future, too, with college and retirement planning. Ms. Romero gives some specific money management suggestions that really work.

Read her [Practical Tips on Money Management and Financial Planning in a Troubled Economy.](#)

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## Need More Time on Your Taxes? Get an Extension

If you haven't done your income taxes yet, good news—you get three extra days this year. Due to a local holiday in Washington, DC, federal income tax returns can be postmarked as late as April 18. For many people dealing with the symptoms of ADHD—difficulty getting organized, losing paperwork and sustaining attention—the added time could be a benefit this year.



If this year's filing date still doesn't give you enough time, you can file for an extension, which will give you more time to complete and send in your paperwork. However, even if you file for an extension, you will need to pay the estimated taxes you owe. The Internal Revenue Service has instructions on its website on how to apply for an extension. [Learn how.](#)

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## ADHD *in the News*

- Could a brain "growth chart" spot attention problems early? New study suggests so
- Colleges are welcoming students with ADHD
- Is leaky thalamus to blame for ADHD?
- Plasticizer in new health risk

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

Did You Know?

In order to get health insurance subsidies, you must file a tax return. [Learn more.](#)

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