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I'm Not Ashamed of My ADHD, Says Olympian Biles

When computer hackers revealed Olympic gold medalist Simon Biles had tested positive for methylphenidate (Ritalin), she was upfront and unabashed about her diagnosis.

“I have ADHD, and I have taken medicine for it since I was a kid,” she writes in a Facebook post to her fans. “Having ADHD, and taking medicine for it, is nothing to be ashamed of [and] nothing that I'm afraid to let people know.”



The president of USA Gymnastics supported her with a statement that Ms. Biles received therapeutic use exemptions for her prescription medications from the International Gymnastics Federation, the US Olympic Committee, and the US and

World Anti-Doping Associations, and there was no violation. [Read more.](#)

Knowing is Better: October is ADHD Awareness Month

When it comes to ADHD—its symptoms, its treatment, and how it affects families—knowing is better.

ADHD Awareness Month each October highlights the lives of the 17 million children and adults in the United States living with ADHD, their family members, teachers, and professionals working with them.

This year's theme, "Knowing is Better," focuses on what knowledge about ADHD can do for those affected by the disorder. It's better for parents to know ADHD might be part of the picture so they can seek the help their children need. It's better for young adults to know about their ADHD so they can arrange for appropriate accommodations in college or their workplaces. It's better for adults to recognize their ADHD so that they can achieve success in life. [Read more.](#)



5 Tips to Communicate with Your Child's Teacher

Communicating effectively with your child's teachers is one of the most important things you as a parent can do to ensure that your child receives the supports and structure needed for success. [Read on.](#)



Girls with ADHD Internalize Struggles

When a girl has ADHD, she has a very good chance of “falling through the cracks.” That’s because the symptoms of ADHD in girls not only tend toward the predominately inattentive presentation, but girls are more likely to internalize their struggles rather than act out because of them.

Early ADHD research focused on boys and how boys displayed ADHD symptoms,

writes Ellen Littman, PhD, a licensed clinical psychologist who focuses on girls and young women in her practice. When girls with ADHD don't behave the same as boys or have a different ADHD experience, they can get missed by parents, doctors, and educators. Girls with the combined presentation of ADHD, she says, are more likely than their peers to practice self-harming, such as cutting themselves, to relieve emotional pain. [Read on.](#)



ADHD *in the News*

- ADHD and Health-Risk Behaviors: Toward Prevention and Health Promotion
- ADHD Research Update: September 2016
- Simone Biles Addresses Leaked Medical Records and ADHD Misconceptions
- Disciplining the Oppositional-Defiant Child

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

Did You Know?

Adults with ADHD can benefit by identifying the areas of their life that are most impaired by their ADHD and then seeking treatment to address them. Read [Treatment for Adults](#) for more information.



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