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Thanksgiving, Black Friday,
Cyber Monday...
Give what's important on
#GIVINGTUESDAY™



Preparing for Holiday Gatherings with ADHD

With Thanksgiving dinner, we begin the holiday season. Are you ready for family get-togethers?

“Getting along can be challenging, especially with ADHD in the mix,” Janette

Patterson and Larry Maltin write in *Attention* magazine. “Ultimately, the goal is to improve family functioning so you can enjoy one another’s company and the events. Your efforts can lead to positive family experiences, not only during the holidays, but whenever you get together.”

[Read more](#) and get their strategies for happier holidays.



The Best of ADHD Weekly Articles

Olympian Biles says, 'I Have ADHD'

Four-time Olympic gold medalist Simone Biles chose to keep her diagnosis private until computer hackers disclosed her medical information. Instead of ignoring the reports, she was upfront and positive about the information.

“Having ADHD, and taking medicine for it, is nothing to be ashamed of,” she writes in a Facebook post to her fans, “and nothing that I’m afraid to let people know.”

Her graceful example is one that can help guide others who find their personal information discussed without their consent, says CHADD Public Policy Committee member Matt Cohen, JD.

“I hope she can be an inspiration for other people who have ADHD to not be ashamed of it,” he says. [Read more](#) about what to do when someone else discloses your diagnosis.



To Recess or Not to Recess for Kids with ADHD?

For elementary children with ADHD, recess is more than just a favorite part of the school day—it’s vital as a physical outlet for hyperactivity and to help their brains grow. Yet denying recess is a frequent punishment used by educators when a child acts out in the classroom.

That practice may be making it even more difficult for a student to behave in class. Through play and recess, children learn to problem solve and think things through; they learn how to get along with their peers and deal with conflicts that arise; and they get exercise, which helps combat obesity.

[Read more](#) about how you can be sure your child has recess each day.



Q&A: What are Islands of Competence?

Q: I've heard the term islands of competence for children with ADHD, but I don't understand what it means. Is it simply finding what your child is good at and focus just on that?

—Mom in Virginia

A: The idea of islands of competence was originally proposed as a metaphor for parents of children affected by ADHD to help their kids develop resilience, the ability to bounce back or recover quickly from difficulties.

What are your child's islands of competence? [Learn more about a strength-based approach to ADHD.](#)



ADHD *in the News*

- AAP: Kids Need Better Access to Mental Health Services.
- Talking to parents about behavioral treatment for ADHD
- Musical training creates new brain connections in children
- ADHD in women: A lifetime of frustration, its cause easily missed

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



Do you have a question for an ADHD expert?

Are you a parent or adult seeking answers to your questions about ADHD? Do you have questions on classroom management, medication, or adult relationships?

CHADD's National Resource Center on ADHD hosts [monthly online webcasts](#) with leading experts to answer your questions about ADHD or the challenges that often come along with it. *Ask the Expert* webcasts address many topics of interest to parents of children with ADHD and adults with ADHD. Webcasts are free, and anyone can participate. You can have your questions answered by the expert during the live broadcast. You can watch recordings of the online webcast by selecting individual topics from our [archive](#).

Visit [Ask the Expert](#) now to register for upcoming webcasts and to find recordings of previous webcasts.

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