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**#GIVINGTUESDAY™**  
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## Survey: Does Your Child Help Around the House?

Parents, are you struggling to get your children to help around the house more often? Many families affected by ADHD are looking for ways to have their children chip in more with household chores.

Cohen Children's Medical Center of New York is conducting a national study about children with ADHD and household chores. Households vary considerably when it

comes to expectations relating to chores, and this is especially true for homes with children affected by ADHD. This issue is being studied from both the perspective of parents and professionals who work with children affected by ADHD.

They'd love to hear from you. Take a few minutes to complete the anonymous, [online questionnaire](#) and/or request a copy of the researchers' results. Whether you are a parent, psychologist, physician, social worker, ADHD coach, or any other professional who works with children with ADHD, your opinion matters.

Visit [Find a Study](#) to participate in other online studies or one in your state.



## Help! My Child is Addicted to Video Games

Do you sometimes feel that you're losing your loved one to video games, that he's losing touch with the real world, or that his excessive use may be making his ADHD symptoms worse? How much is too much, and what can you do about it?



“There are kids who are struggling because of their problematic video game use,” says T. Atilla Ceranoglu, MD, a child and adolescent psychiatrist. “ADHD kids are more likely to play problematically than non-ADHD kids.”

Although research is pointing toward an association between ADHD and video game overuse, a definite cause for overuse has not yet been determined. Nevertheless, studies do show that the problematic use of video games is creating stress between parents and children.

[Read more](#) on what to look for in a young person with problematic video game playing.

## Q&A: Medication Isn't an Option for My Child

**Q:** Medication doesn't seem to be an option for my 7 year old. What can I do?

**A:** Knowing where the difficulty with taking medication comes from can help you find the right approach to help your child. Is it trouble swallowing the medication, are there intolerable side effects, or has a decision been made not to use medication as part of treatment? Each reason offers a different approach to helping your child.

[Continue reading](#) for what you can do when medication isn't an option.



## Holiday Gift Guide for Children with ADHD

Need ideas on games and toys for the children in your life this holiday season? We spoke with an expert in games and toys for children affected by ADHD, learning disabilities, and related conditions for her suggestions on gift ideas your children might enjoy.



Ahren Hoffman is from the National Lekotek Center, which works with Toys'R'Us to produce the *Toy Guide for Differently-Abled Kids*. She talks to parents, grandparents, aunts and uncles, and adults with a special child in their lives on game playing, toy selection, and setting up a holiday environment that is fun for all the family members.

Watch

# ADHD *in the News*

- Quantifying genetic risk in Attention-Deficit/Hyperactivity Disorder
- Are too many kids with Autism being diagnosed with ADHD?
- Does mindful parenting help with ADHD? It could be a helpful tool
- How personality traits tip over into mental illness

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

## Did You Know?

How can you prepare for family gatherings and visits with relatives? Getting along with family can be challenging especially when ADHD is involved. Ultimately the goal is to have a nice time for everyone involved. [See tips on surviving the holidays this year!](#)

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