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### **ADHD in the Classroom: Making the Midyear Check-in**

We're halfway through the school year. How well are your child's academic accommodations working? [It may be time to plan a check-in with the teachers.](#)

### **Create Holidays That Work for You**

The holiday season can overwhelm you if you don't create a reasonable plan. What can you do to manage both your ADHD symptoms and the responsibilities that come with the feasts and festivities? [Here's what some experts suggest.](#)



## Slow Your Shopping Roll

**NRC Podcast: Tips to Curb Your Holiday Impulse Shopping**  
Featuring Ari Tuckman, PsyD, MBA

Do you have issues managing your holiday impulse shopping? Psychologist and author Ari Tuckman has some tips that may help curb your impulse shopping for this holiday season.

[Listen Now](#)



## Ask the Expert December Doubleheader

**Educator Edition: Managing Challenging Classroom Behaviors in Early Elementary Students**

Featuring Desiree W. Murray, PhD  
Tuesday, December 11, 2018  
2 p.m. ET

Do you have a student in your classroom who is acting out due to

**Goal Setting and Keeping for the ADHD Brain**

Linda Larson Schlitz, MS  
Wednesday, December 12, 2018  
2 p.m. ET

Are you ready to move your life in a new direction? People are more productive and achieve their full

untreated ADHD? Are you looking for ways to help students with ADHD cope within the classroom?

We will discuss appropriate strategies and tips to best support these students. Learn how to cope with symptoms of ADHD and better engage students in the classroom.

potential when they set goals. Learn how to establish a plan and keep the goals you set.

This webinar will offer information about how to work toward being productive and successfully achieving your dreams. Learn how to set goals that are SMART and what tips can you use to keep the goals over time. Join us and be prepared with the plan for success that can guide you during the New Year.

[Register Now](#)

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The logo features a stylized orange sunburst icon to the left of the text "ADHD in the News". "ADHD" is in a bold, blue, sans-serif font, while "in the News" is in a blue, cursive script font.

- ADHD: First genetic risk locations uncovered
- ADHD and Its Impact on Longevity
- Youngest Children In A Class Are Most Likely To Get ADHD Diagnosis
- Exposure to Maternal Diabetes Increases Risk for ADHD in Offspring
- Can ADHD actually be a help rather than a hindrance for elite sport stars?

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

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Check out the [NRC's Education webpage](#) which includes information on educational rights, IDEA, 504, requesting an evaluation in public schools, tips for working with schools and talking to teachers about ADHD, and appealing school decisions.

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