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### Private School for Your Child with ADHD?

Parents may consider a private school when their child with ADHD is struggling in a public school. **But is this the best choice?**

### Help Your Child Make and Keep Friends

Friendships are an important part of your child's development. ADHD can make it hard for children to understand social cues and use the skills needed to maintain friendships. **Two experts discuss ways you can proactively help your child.**





## CHADD Special Presentation

Health and Life Expectancy in ADHD:  
Treatment Matters More Than You Think

Featuring Russell A. Barkley, PhD

Watch Now

Did you see the latest free CHADD webinar by **Russell A. Barkley, PhD**? You can watch it now and learn why treating ADHD now can add years to your life, or your child's life.

Treatment for ADHD, along with the related health risks it poses, has the possibility of adding an average of nine to 13 years to the lifespan of children and adults diagnosed with ADHD. This is the conclusion of Dr. Barkley's cutting-edge research study. He evaluated the connection between ADHD and 14 critical health factors including nutrition, exercise, and tobacco and alcohol use.

"Our research shows that ADHD is much more than a neurodevelopmental disorder, it's a significant public health issue," says Dr. Barkley. "In evaluating the health consequences of ADHD over time, we found that ADHD adversely affects every aspect of quality of life and longevity. This is due to the inherent deficiencies in self-regulation associated with ADHD that lead to poor self-care and impulsive, high-risk behavior. The findings are sobering, but also encouraging, as ADHD is the most treatable mental health disorder in psychiatry."



- Animal study suggests Ritalin won't harm the heart
- Children with autism, co-occurring ADHD symptoms lag in key measures of independence
- ADHD: Parenting Beyond Behavior, Beliefs, and Grades
- Smoking and drinking is all in the genes

- [Neuroscientist probes sleep's role in learning and memory](#)
- [Why Teens Abuse ADHD Medication](#)
- [ADHD Friendly Time Management Tools](#)

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

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Did You Know?

About [10.7 percent](#) of African-American children have ADHD. Learn more in our video *Treating ADHD in the African-American Community*.

Watch Now

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