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Is ADHD a Sign of a Creative Mind?

Is having ADHD a sign that you also have an unusually creative mind? With the rush of ideas, the overwhelming interest in new activities, and the impulsivity to try something new, some people argue that ADHD and creativity go hand in hand.

"ADHD doesn't enhance creativity, but people with ADHD tend to be more creative than the average person," author Edward Hallowell, MD, EdD, says.

Two research studies look at the connection between ADHD and creativity. [Keep reading for their results.](#)





30 Minutes of Exercise Can Increase Attention

Does your child with ADHD have a hard time focusing on a task? Going for a jog around the block with her or engaging her in more outdoors playtime could be just what the doctor ordered.

"With physical activity, executive function performance improves in as little as 20 minutes, and ADHD

symptoms can reduce intensity in as little as 30 minutes of exercise," says clinical specialist Stephanie Sarkis, PhD.

[Interested? Read more.](#)

Advocating for Your Child at School

When it comes to your child's education, do you know what his educational rights are and what you need to advocate for him at school?

CHADD Public Policy Committee Member Paul Grossman, JD, is an expert in children's educational rights and has shared with CHADD's *Attention* magazine his views on academic accommodations that can yield real benefits for your child.



"In my opinion, merely seating students with ADHD at the front of a class, assigning them study-buddies, and reducing their homework loads...are not benefits," Mr. Grossman says. "These are merely mitigating measures, maybe making school a less painful experience."

[Keep reading for more on your child's educational rights.](#)

CHADD Webinar: How to Survive Mornings with ADHD

Featuring Michele Novotni, PhD
Jan. 31, 2 p.m. ET

[Register Now](#)

Have you found morning to be one of the most difficult times of the day? When your child has ADHD, his symptoms can affect the entire flow of the morning for



your family. Getting your child out of bed, dressed, eating breakfast and then having to search for missing items and finally getting out of the house on time for school can be stressful for your child and the entire family.

Join us for this free CHADD webinar to learn helpful tips for keeping your child affected by ADHD focused on completing morning tasks and leaving the house on time. We'll share tips, gadgets, and apps used among CHADD community members to help with listening, following directions,

organization, attentiveness, and more. You will leave with usable strategies to not only survive, but perhaps even turn mornings into a good start to the day.

The logo features a stylized yellow flower 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.

- Genetic discovery provides new insight into cognitive disorders
- Discussing the ADHD 'controversy' with patients and parents
- Can people with ADHD drink coffee to calm down? Caffeine may improve attention
- Natural remedies for ADHD

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

Did You Know?

Nighttime tooth grinding, called **bruxism**, has been linked to ADHD symptoms, in addition to anxiety. A dentist can fit you or your child with a mouth guard to help protect teeth at night.

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