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Vexing Over Valentine's Day?

Are you looking forward to Valentine's Day or is it stressful?

ADHD can create significant difficulties in your relationship. Whether it's one partner or both who are affected by the disorder, the symptoms of ADHD can affect every part of a relationship. Couples who address how ADHD symptoms affect them together, however, can find ways to strengthen their relationship.



[Continue reading for some suggestions to help improve your relationship and address how ADHD symptoms may affect you as a couple.](#)



Which ADHD Rating Scales Should Primary Care Physicians Use?

There are many ADHD rating scales from which to choose. Which are the best to use and for what situations?

Some professionals will use more than one rating scale in their practice. We've listed the most common scales used for both assessment and ongoing monitoring of patients' symptoms.

[Continue reading for information](#)

[you can use to help your patients.](#)

Boys vs. Girls with ADHD: Stereotypes Don't Always Hold True!

Boys with ADHD are generally hyperactive, impulsive children running around non-stop, right? Girls with ADHD, you might think, are more likely to calmly have difficulty concentrating and problems following instructions, forgetting or losing things, and being easily distracted. But what happens to the inattentive boys and the hyperactive girls, those children who don't generally fall under the typical ADHD gender expectations?



[Learn more on spotting ADHD in your children when they don't display the normal gender stereotypes of ADHD.](#)



ADHD & Nutrition: What Are You Eating?

5 Ways Nutrition Can Impact ADHD Symptoms

Featuring Laura Stevens, MS
Wednesday, Feb. 22, at 2 p.m. ET

[Register Now](#)

Are you interested in how what you eat can affect your ADHD symptoms?

For some people, a healthy diet can offer an effective complementary approach to relieving some ADHD symptoms. However, taking a clear look at your family's nutrition habits and figuring out what works best for you or your child can be confusing. There are a lot of options to consider: Dietary supplements? Food additives and artificial dyes? Sugars and caffeine? What about food sensitivities?

Join us to learn about five dietary adjustments that may affect ADHD symptoms. We'll talk about creating a plan for where to start when making changes and how to track if those changes are working. You'll leave with new information and a plan for using nutrition as a complementary approach to help improve your quality of life.

The logo features a stylized orange 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.

- Does eating licorice in pregnancy raise the risk of ADHD?
- Can you take ADD medicine during pregnancy? The tough decision many expecting moms face
- Georgia bill would require new ADHD prescriptions every 5 days
- ADHD and the transition to adulthood (Part 1)

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

Did You Know?

On Feb. 4, 1987, a group of parents and professionals first met to discuss the challenges faced by students affected by ADHD. From that meeting, CHADD was founded as an organization to support families affected by ADHD. We've been the leading organization for those affected by ADHD for 30 years. Learn more about CHADD and [join](#) today!

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