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Co-Parenting When One Partner Has ADHD

What is it like for a family when it's a parent who has ADHD? It's not easy for the non-ADHD spouse, who might feel overwhelmed, and it can be difficult to manage children and family responsibilities for both parents.

"We have to manage ourselves and other people," says Caroline Maguire, MEd, who adds she is also a parent who has an ADHD diagnosis. "We're all on a journey and it's very important that we get to know ourselves and understand as much scientifically based information as we can."

Ms. Maguire works closely with parents affected by ADHD, helping them build skills and strategies for managing their own symptoms while keeping family life running as smoothly as possible.

"A lot of times the parents and their own struggles are a huge piece of helping the children move forward," she says.

Ready for her tips when it comes to co-parenting when a parent has ADHD?

Watch [Home Life when Mom or Dad has ADHD.](#)



Exercise Your Right. Register to Vote Now

Are you registered to vote? In the United States, seven out of 10 adults have registered to vote. But registering to vote, like many other “to-do” list items, can require additional effort for adults affected by ADHD.

In the United States, voting is considered a civic responsibility, in addition to a Constitutionally guaranteed right. All American citizens 18 years old and older have the right to vote. This year is the 96th anniversary of the 19th Amendment, which extended the right to vote to women. [Read more.](#)

YOUR
VOTE
COUNTS



Traveling Abroad? Check Medication Laws Before You Go

Are you making plans to travel this holiday season? Now may be the time to book your airline tickets, but if you have been prescribed a medication for your ADHD symptoms, or your child has, you need to be prepared to travel with your medications. International travelers especially must be aware of laws regarding their medications in other countries.

The U.S. Department of State describes the situation of a U.S. citizen who was arrested in Japan last year after having her stimulant medication shipped to her while visiting. She had the medication repackaged in the hope of protecting her privacy. Her prescription Adderall, which is an amphetamine, is not legal in Japan. [Read on.](#)



Ask the Expert: Getting Through to Your Teenager with ADHD

Featuring certified professional coaches Elaine Taylor-Klaus, CPCC, PCC and Diane Dempsey, MHSA, CPC, PCC

Sept. 20, 2-3 p.m. ET

Does it sometimes feel like you and your teen are worlds apart?

The teenage years can be tricky for your parent-child relationship. You want to maintain a strong bond and teach your teen good decision-making skills. You might find your parenting strategies are not as effective now that your child has become a teenager. In any relationship, good communication is key.



Join us to learn how to make improvements to your communication, not just to get through to your teenagers, but to helping them thrive and be prepared for independence as young adults.

Save Your Seat

 **ADHD** *in the News*

- Heredity a major factor in ADHD, binge eating and alcohol dependence
- Mental health and addiction among inmates
- ADHD pathophysiology
- Psychopharmacological intervention shows promise in treating children with dyslexia

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

Did You
Know?

Bipolar, autism, and OCD are among commonly misdiagnosed disorders that mimic ADHD behaviors. Check the [symptoms](#) of ADHD and get a thorough evaluation from a specialist for a proper diagnosis.



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Annual International
Conference on ADHD
Costa Mesa, CA
November 10-12, 2016



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