

Healthy Minds Healthy Body Institute

January 2019



Attention Deficit Disorder

by chadd.org & healthline.org

Everybody can have difficulty sitting still, paying attention or controlling impulsive behavior once in a while. For some people, however, the problems are so pervasive and persistent that they interfere with every aspect of their life: home, academic, social and work.

Attention-deficit/hyperactivity disorder (ADHD) is a chronic neurodevelopmental disorder affecting 11 percent of school-age children. Symptoms continue into adulthood in more than three-quarters of cases. ADHD is characterized by developmentally inappropriate levels of inattention, impulsivity and hyperactivity. There are an estimated 6.4 million diagnosed children in the United States, according to the Centers for Disease Control and Prevention.



Family Workshop!

Want to learn more about how to support your child with ADD at home and school? See you at our monthly parent workshop this month!

January 31st, 2019

6-7:30pm

Be sure to register on the HMHBI website. Childcare is not provided.

Registration is \$35

Parent/Family Information Series

January 31st, 2019
Attention Deficit Disorder

February 28, 2019
Autism Spectrum Disorder

March 28, 2019
Anxiety Disorders

April TBA
IEP Frequently Asked
Questions/Advocating for your child

May
Should your child have a 504?

June
Apraxia of speech

July
How can mindfulness help your
child/family?

August
Executive functioning

September
Internet technology

October
Is it bullying?

November
Emotional Regulation

December
The importance of practice