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Researchers who study resilience through the lifespan say that this is an important first step in efforts to grow more resilient in the face of adversity.

Parents of children struggling with ADHD and related differences can learn more from trusted organizations like CHADD (Children and Adults with Attention-Deficit Disorder).

Information from CHADD is drawn from current research in the field and encompasses the impact of ADHD across the lifespan.

Learn more at ADHDAwarenessMonth.org

Information adapted from Dr. Mark Katz