Today’s piece was prepared by Gabe Mendoza, MD, based on a CNN article [How to help children with ADHD thrive in a virtual schoolhouse](https://www.cnn.com/2020/05/23/health/online-school-children-adhd-coronavirus-wellness/index.html).

The article describes challenges encountered by children with ADHD and their parents while being homeschooled during this COVID-19 pandemic. Some of the challenges described are derived from examples expressed by three parents from different parts of the country. These challenges include the disruption of routines normally encountered at school, the fact that certain educational services, like in-class aide, do not transfer well to the virtual medium, and the stress of balancing both homeschooling and working from home.

The author then lists ways that parents can help their children “thrive in remote learning,” and balance homeschooling while working from home. Most of the article’s recommendations come from Robin Nordmeyer, founder and managing director of the Center for Living Well with ADHD -Minnesota, and Anabelle Morgan, the Head of School at Commonwealth Academy. Recommendations include modeling the school environment (such as having a small desk with few distractions set up outside the child’s bedroom), mixing in stimulating activities like exercise to help concentration, using the “Pomodoro technique” to create structure and break down the day into manageable components, and creating time for weekly reflection on what works well and areas to improve. Though not directly referenced, the author links to posts on the Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD) website that review similar recommendations.

The article is written in an impartial voice with no apparent misleading or confusing recommendations, and provides specific and pragmatic advice, and makes reference to CHADD, a professionally refereed organization. However, the article relies on popular teaching and study strategies, endorsing including a commercial product (i.e., “Pomodoro”) without reference to or endorsement by any outside neurodevelopmental medical or educational specialist.

**RESOURCES ON ADHD DURING COVID-19:**

[CHADD – Guidance during COVID-19](https://chadd.org/guidance-for-uncertain-times/) The nation's largest advocacy, info & resource agency on ADHD

[SDBP –COVID-19 Information and Resources](https://sdbp.org/cv19/) Society for Developmental & Behavioral Pediatrics. Suggestions for activities, education at home, self-care, and more

And that’s today’s Developmental & Behavioral Pediatrics: IN THE NEWS!