Today’s piece was prepared by Megan McGeehan, MD, based on a Live Science article [Fidget Spinners: What They Are, How They Work, and Why the Controversy](https://www.livescience.com/58916-fidget-spinner-faq.html)

The article summarizes the rise of the “fidget spinner,” a gadget that has gained popularity over the last year and has been marketed as a classroom accommodation for ADHD and anxiety. The author folds in opinions and points from various researchers, and accurately points out that no peer-reviewed studies exist, and in particular nothing has proven the benefit of fidget spinners on students’ attention spans. The article touts that the main downside of fidget spinners has been that it contributes to distraction in the classroom, and a large part of the controversy surrounding fidget spinners surrounds whether they should be banned in school. The article brings up the other side of this argument, stating that fidget spinners can be beneficial for children requiring sensory or stress-relieving interventions during the school day.

The article balances a variety of points and opinions but potentially misleads by introducing an alternative to the fidget spinner, the fidget-cube, which “may be more classroom friendly” and could persuade readers to opt for this alternative. The article is also misleading in that it does not discuss the importance of assessing the root cause of a need for fidget spinners. The authors of the article could have benefitted from mentioning that distractibility in the classroom, poor school performance, and limited attention spans can be symptoms of an unidentified or undertreated disorder such as ADHD or anxiety, and that fidget spinners are not a solution or a long-term fix.

**RESOURCES ON PEDIATRIC A.D.H.D. AND ANXIETY SUPPORT:**

[ADHD](https://www.cdc.gov/ncbddd/adhd/index.html) *Centers for Disease Control site with basic information, state-based resources, and other support for families and clinicians*

[Anxiety in Children and Adolescents](http://ebtseattle.com/anxiety-in-children.html) *Evidence Based Treatment Centers of Seattle*, *with general info on identification and management (NOTE: This is a private practice, but who provide standard, evidence-based information)*

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