



ADDITUDE

October Is ADHD Awareness Month

31 WAYS TO RAISE AWARENESS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 Celebrate ADHD Awareness Month with <i>ADDitude's</i> commemorative 25th anniversary issue! additu.de/subscribe</p>	<p>2 Marvel at how ADHD understanding has evolved (and stalled) by following <i>ADDitude</i> on Instagram and Facebook.</p>	<p>3 Free <i>ADDitude</i> webinar today at 1 pm ET! "ADHD in Communities of Color," with Evelyn Polk Green, M.S.Ed. additu.de/gre474</p> 	<p>4 Have you read the Top 25 ADHD books, according to <i>ADDitude</i> readers and editors? additu.de/25books</p> 	<p>5 Enter to win a free one-year subscription to <i>ADDitude</i> by telling us something you never knew about ADHD until it touched your life: additu.de/contests</p>	<p>6 Encourage your child's school to dispel ADHD myths by sharing this URL in its email newsletter: additu.de/31myths</p>	<p>7 Get inspired by some of our favorite ADHD role models: additu.de/1aw</p>
<p>8 Create a playlist of neurodivergent artists and sing along to celebrate! additu.de/grammy</p> 	<p>9 Invite your local or state representatives to celebrate ADHD Awareness Month with their constituents by attending or organizing an event.</p>	<p>10 Free <i>ADDitude</i> webinar today at 1 pm ET! "Getting Kids with ADHD Organized & Focused for Learning," with Ann Dolin, M.Ed. additu.de/motiv8-webinar</p> 	<p>11 Download "25 Things to Love About ADD" and share it with the people who love you! additu.de/25things</p> 	<p>12 Do your child's teachers know that time spent exercising outdoors is one of the best ways to manage ADHD symptoms at school? additu.de/recess</p>	<p>13 This Friday movie night, choose one of these films featuring a character with ADHD: additu.de/movies</p>	<p>14 Take the "How Well Do You Know ADHD?" quiz and challenge your family to top your score: additu.de/adhd-quiz</p> 
<p>15 Subscribe to the ADHD Experts podcast from <i>ADDitude</i> to keep learning all year 'round.</p> 	<p>16 Work with the PTO at your child's school to share this calendar with teachers and administrators.</p>	<p>17 Don't miss a thing! Sign up for the free <i>ADDitude</i> newsletters that will help you and your family thrive: additu.de/newsletter</p>	<p>18 Share "7 Myths About ADHD... Debunked!" with everyone you know who could benefit from greater understanding: additu.de/7-myths</p>	<p>19 Free <i>ADDitude</i> webinar today at 1 pm ET! "Your Rejection Sensitive Dysphoria Toolkit," with Sharon Saline, Psy.D. additu.de/sal476</p> 	<p>20 Tell your child's teacher about <i>ADDitude's</i> free ADHD training program for educators: additu.de/educ8r</p> 	<p>21 Host a screening of the ADHD documentary <i>The Disruptors</i>: additu.de/disruptors</p>
<p>22 See how <i>ADDitude</i> readers describe "the ADHD characteristics I'm most thankful for." additu.de/thankful</p>	<p>23 Get 20% off any <i>ADDitude</i> eBook by using the coupon code AWARE2023 at checkout: additu.de/store</p>	<p>24 Free <i>ADDitude</i> webinar today at 1 pm ET! "A Parent's Guide to Teen Depression," with Karen Swartz, M.D. additu.de/swartz</p> 	<p>25 Read the article "What I Wish the World Knew About My Child's ADHD" and share it on your social channels: additu.de/wish</p>	<p>26 ADHD rarely travels alone. Investigate its related symptoms and conditions here: additu.de/checker</p>	<p>27 The next time you encounter a skeptic or a hater, unleash one of the "Smart Comebacks for ADHD Doubters" found here: additu.de/comebacks</p>	<p>28 Is there an educator, doctor, advocate, or friend who helped you navigate ADHD for yourself or your child? Write them a thank you note.</p> 
<p>29 Did you know that ADHD is highly genetic? Take a step toward greater self-understanding at additu.de/adult-test</p>	<p>30 In November, we celebrate <i>ADDitude's</i> 25th anniversary! See what's changed at additu.de/25-years</p>	<p>31 Happy Halloween! Share snapshots of ADHD creativity today on social media and tag @additudemag</p> 	<p>"Neurodivergent children and adults—the thing they want most of all is not to face this alone." <i>—William Dodson, M.D., and Ned Hallowell, M.D.</i></p>			