

Dear Reader,

This year, do all those things you always say you'll do, with *ADDitude's* help. Below you'll find our best advice for keeping your goals—and starting the year off right.

Thanks for reading!
The editors

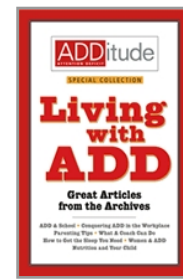
P.S. There's still time to order the new issue of *ADDitude*. [Subscribe](#) or [renew](#) today!



Inside the **February/March** issue (coming soon):

- ▣ 2007 Camps and Schools Guide
- ▣ How to help your child succeed & shine
- ▣ Addiction & ADD: What's the Link?
- ▣ Getting the right diagnosis
- ▣ Does diet make a difference?

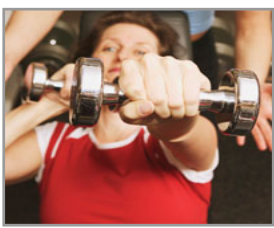
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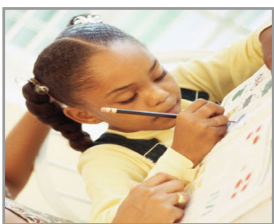
[Meal Planning Made Easy](#)

This ADD-friendly plan helps streamline grocery shopping--so you have more time for *you!*



[6 Ways to Build Better Moods](#)

Learn to enjoy yourself while working on your resolutions!



[Simple Steps for an Organized Semester](#)

It's never too late to teach your kids the two main elements of academic organization.

The Benefits of Baby Steps
Pick one habit--organizing the dining room table or the bookshelves --and practice it for one month. Most habits take only a few minutes a day to get a hang of, so set a timer to keep you focused.

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Does ADHD Affect Your Child's Quality of Life?

Researchers at the Harvard School of Public Health are conducting a study on ADHD and the quality of life of children and families. We are looking for parents of children ages 7-10 with combined type ADHD to take in a short online survey (less than 15 minutes in length). We would also like to ask the child's teacher to complete a short online survey. We will not share the email addresses of study participants, and all information will be treated as confidential. For more information visit the [ADHD pre-survey](#). If you have any questions, please feel free to contact the study coordinator, Eileen Sandberg, at esandber@hsph.harvard.edu or (617) 285-7980.

