

ADHD Decoded

WITH DR. BEA MAIDANA MORENO

Learn the importance of managing ADHD as a family! In this seminar series, Dr. B will walk you through the various therapeutic approaches, significance of Executive Functions, crucial role of lifestyle choices, and when/what medication might be considered!

\$50 for the bundled series



DAY 1 ADHD BLUEPRINT

- What is ADHD?
- Causes & Risk Factors
- Symptoms of ADHD
- Diagnosis Process
- Impact of ADHD
- What should parents know?

Monday, 11/3 at 1PM



DAY 2 NON-PHARMACOLOGICAL MANAGEMENT

- Lifestyle dictates severity of ADHD symptoms!
- How to keep your brain healthy through mindful eating, sleeping and exercise!
- Can music really help?

Monday, 11/10 at 1PM



DAY 3 PHARMACOLOGICAL MANAGEMENT

- When to consider medication
- Factors to consider when choosing a medication
- Medication Types - Pros & Cons
- Stimulants vs. Non-stimulant
- Short Acting vs. Extended Release

Monday, 11/17 at 1PM

To register, please contact our office!

📞 718-858-4924

🌐 info@heightspediatrics.com