



## Need Information About your Child's Medications?

Consumer Reports has two publications that can help parents understand the wide variety of medications used to treat ADHD and other mental health conditions. While not a substitute for advice from your child's physician, these easy-to-read guides can give you background information for making important decisions about medication. These guides compare drugs' effectiveness, safety and price.

### Evaluating Prescription Drugs to treat ADHD or Behavior and Developmental Disorders

If you do not have access to the internet, but would like a copy of one of these guides, contact us at 1-855-323-6744.



#### FAST FACT:

11 % of Oregon children with special health care needs (an estimated 12,457 children) age 2-17 have behavior or conduct problems.

Learn more: [www.childhealthdata.org](http://www.childhealthdata.org)



Contact the

**Oregon Family to Family  
Health Information Center** at  
**1-855-323-6744**



**Stay in touch by joining  
our mailing list!**

## Our Family Liaisons send you their best wishes for the holiday season! Here are some of their best tips for navigating the holidays!

*"Stop and ask yourself what memories are you trying to create for your children? If the goal is a loving relationship, prioritize that. Ask yourself 'Is what I am doing and HOW I am doing it adding to the relationship or straining it?' Cut out things that take too much out of your time and resources."*



- Shauna S., Troutdale

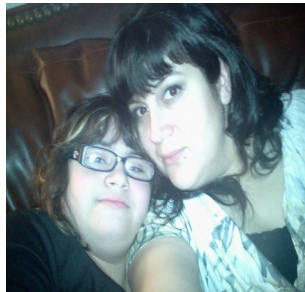
*"Remember that the holidays are about spending time with family, not stressing over food! (Cooking or eating it!)"*

- Shelley B., Portland



*"Allow your child to help out at his/her ability in the preparation of the festivities, it will make him/her feel important."*

- Teresa G., Salem



*"Don't feel bad about asking family to accommodate your children's schedule in planning gatherings. It will make it more enjoyable for everyone!"*

- Tracie S., Coos Bay



*"When visiting family we stay at a nearby hotel rather than at people's homes. Having our own space to get away helps her deal with overstimulation and sleep issues without the stress of disturbing others."*

- Diane D., Gearhart



*"Too often we are hustling around not only meeting work deadlines but our expectations for what this holiday should be like for ourselves and our children. Our family has had reason this year to break out of the normal routine and here is what I am noticing... It's the small, precious moments where we connect with each other simply by spending time that is the reason for this season. Happy Holidays! Spend time with each other just enjoying the moment!"*

- Tami M., Salem



*The resources on this page are not comprehensive nor does inclusion imply endorsement by the Oregon F2F HIC or Oregon Health & Science University (OHSU). These resources are a starting point for further research. The Oregon F2F HIC is a family-led effort, funded by a grant from the Health Resources and Services Administration/ Maternal and Child Health Bureau. It is closely affiliated with the Oregon Center for Children and Youth with Special Health Needs (OCCYSHN), located at the Institute on Development & Disability (IDD) at OHSU.*