



## February 2023 Newsletter



### Want More e3?

Visit our LinkTree [HERE](#) to find even more resources!



### Staff Development

This month's podcast episode is: [How Highly Sensitive People Thrive](#) with Elaine Aron, PhD.



### Lisa Loegering

[This local doctor](#) focuses on nutrition and lifestyle habits to treat children with diagnoses like ADHD.

## Featured Articles

- [How to understand and support your ADHD teen's relationship struggles](#)
- [Learn more about how ADHD is a whole body experience](#)
- [It's more important than ever to be aware of how mental health affects disordered eating](#)



## Outside Learning

A selection of interesting articles from around the web. Click the underlined link to access.

### [10 Ideas for a Family First Start:](#)

[Improve Cognitive Skills](#)  
(Brain Balance Centers)

[What Are Executive Functioning Skills and Why Do They Matter?](#)  
(Educational Connections)

