

# ADD Advocate Karen Lowry to be Featured on CUTV News Radio

MEDFORD, NEW JERSEY, USA, February 23, 2017 /EINPresswire.com/ -- According to the Centers for Disease Control and Prevention 11 percent of American children, ages four to 17, have ADHD. Children diagnosed with ADHD often present as inattentive, impulsive and hyperactive. As a result, they often struggle in school.

ADHD coaching recognizes the children with ADHD as whole and capable and supports them to develop goals, plans and strategies that promote success and a healthy self-esteem.

Karen Lowry is an ADHD Coach and advocate who helps Families, Teens, and College Students. navigate the many challenges specific to ADHD. Karen coaches her clients by helping to support study strategies and develop executive functioning skills.”

“It’s a difficult disability to navigate,” says Karen, “but they need to know it doesn’t mean that they’re not smart and capable. They have weaknesses but they also have strengths. They can overcome their difficulties.”

Inspired by experience with the youngest of her four children, who had struggled with ADHD as well as a co-occurring disorder of dyslexia, Karen pursued ADHD Coaching simply because she saw the need. As a former pediatric nurse, Karen says her journey has always been about reaching out and helping.



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*Karen Lowry*

“I see a lot of struggling kids and a lot of desperate parents,” says Karen. “Like any parent, I needed to understand what was going on with my child. I sought to understand ADHD and advocated for my son to get to a better place. I became a certified ADHD coach to better help those around me.”

Unfortunately, there isn’t much sympathy for behavior that presents as misbehavior. The prevailing belief is that a child should be able to control themselves. If they can’t, it’s a failure on the part of the parent. Even to this day, ADHD is a difficult

diagnosis to understand for many schools.

This is where Karen can truly benefit her clients: advocacy.

“You can’t adequately coach a child if they’re not receiving the support at school that they need,” says

Karen. "I need to know they are supported by their school before I can continue to coach them."

Still, says Karen, while it's important to have the support of the school, it's even more important to have the parent involved on a day to day basis. Additionally, you can coach the parent around what's happening with their child.

"Too often moms become the homework police and it's detrimental to the relationship," says Karen. "I can help them back off for their own sake."

CUTV News Radio will feature Karen Lowry in an interview with Doug Llewelyn on February 27th at 11am EST.

Listen to the show on [BlogTalkRadio](#).

If you have a question for our guest, call (347) 996-3389.

For more information on ADD Advocate Karen Lowry, visit <http://www.addadvocate.com>


And be sure to join her Facebook support group with almost 2,000 members to date: <https://www.facebook.com/groups/ADDadvocate/>

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# Karen Lowry



## ADD Advocate

ADHD Coaching and School Advocacy for  
Children, Teens, and College Students