



## January 2014 Newsletter

Greetings!

So, what is the purpose of a newsletter? Well, we figure it is to bring you news of happenings both within and outside of Rice Psychology Group that has to do with psychology that affects you.

So, with that in mind, we have a few offerings for today:

First, as part of our "Debunking Theory" series, I have included a short video about some common misconceptions about ADHD. Specifically, most kids with ADHD/ADD CAN PAY ATTENTION to things they really enjoy such as video games and fast paced sports. That motivation and interest is the antidote to ADHD symptoms. Watch the video for some more truths about ADHD.

Second, we have part one of a blog about Body Mass Index (BMI). Schools have begun to send home BMI report cards in a possibly misguided attempt to improve student health. Do you think this is helpful or hurtful? Our own, Dr. Steffanie Sperry, offers her thoughts about this new practice. Stay tuned for parts 2 and 3 on our [Facebook](#) page and [website](#).

Finally, we have included a radio interview that I did back in October about bullying - what you can do if you suspect your child is bullying or being bullied. We address ways to supervise kids online and good questions to ask to stay informed. Let us know what you think.

I wish you a wonderful week ahead,

A handwritten signature in black ink that reads "Wendy".



## ***Debunking Myths***



**Dr. Wendy Rice talks about ADHD**

[See Dr. Rice on You Tube](#)



### **The Skinny on BMI Report Cards- Part 1**

by Dr. Steffanie Sperry

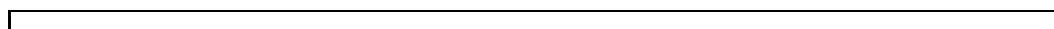
Sally's mother comes home from work and finds 9 -year-old Sally withdrawn and visibly upset. Upon questioning her daughter, she discovers that Sally had been given a BMI report card at school earlier that day. Sally tells her mother that she does not want to be "fat", and she wants to know what is wrong with her. She just wants to be like the other girls in her class that are in the "normal" range. Sally's mother is taken aback and does not know what to say or how to respond to her daughter.

There has been much controversy in recent years surrounding the provision of BMI report cards in the schools. An increasing number of US states have...

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## ***Upcoming Events***



# Anxiety & ADHD: It all ADDs up to chaos

*Presented by Wendy B. Rice, Psy.D., Licensed Psychologist  
and Founder of Rice Psychology Group*



*Wednesday, February 12 from 6:30 to 8:00 p.m.*

This event is free of charge as a community service  
to Keystone parents and the general public

Rice Psychology Group: 813.989.3878 - email: [info@RicePsychology.com](mailto:info@RicePsychology.com)

## **Tuesday, February 18th at Tampa Day School**

ADHD Parent Support Group - Jeff Copper, ADHD Coach from DIG Coaching will be talking about "The impact of ADHD on Sports and Exercise" [See the ADHD flyer on our website!](#)

## **Thursday, February 27th at A La Carte Pavillion**

"How the Brain Learns" presented by the wonderful Dr. David Sousa. I had the privilege to hear Dr. Sousa speak last year about how kids learn and how their brains operate. It was one of the best talks I have ever attended and strongly recommend this to anyone who has, teaches or

works with kids in any capacity.

For more information and to buy tickets [www.tds-sousa.ticketleap.com/brain/](http://www.tds-sousa.ticketleap.com/brain/)

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***In The News...***



***Dr. Wendy Rice discussing ways to protect your children from bullying***

[See Dr. Rice on You Tube](#)



Rice Psychology Team

**About Rice Psychology Group:**

*We offer a down-to-earth culture with proven, practical solutions to maximize potential and improve overall quality of living.*

Since 2001, Dr. Wendy Rice and the Psychologists at RPG have been providing assessment and treatment to children, adolescents and adults.

[Click here for more information](#)

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