

Bonding Health Launches Revolutionary App to Support ADHD Parents: Official Release on October 10th



New York City, New York Oct 1, 2024 ([Issuewire.com](https://www.Issuewire.com)) - Bonding Health Launches Revolutionary App to Support ADHD Parents: Official Release on October 10th

Bonding Health, the innovative company dedicated to empowering parents of children with ADHD, is excited to announce the official launch of its app on October 10th, 2024. Designed specifically to help

parents manage the emotional and behavioral challenges associated with ADHD, this new app is poised to become the everyday companion that ADHD parents need.

Developed in collaboration with renowned clinical psychologist Dr. Lara Honos-Webb, the Bonding Health app provides practical tools and evidence-based strategies for emotional regulation. The app's user-friendly design, combined with cutting-edge psychological insights, offers parents an accessible way to feel supported, gain control, and foster deeper connections with their children.

Key Features of the Bonding Health App:

- **Behavioral Exercises for Emotional Regulation:**

The app includes tailored exercises designed to help parents manage their emotions during challenging ADHD moments. These guided strategies are proven to reduce stress and enhance emotional well-being, giving parents the tools to stay calm and in control when it matters most.

- **Mood Tracking:**

Each exercise is bookended by a mood check, allowing users to track how their emotional state evolves over time. This enables parents to see their progress in real-time and adjust their approach as needed.

- **Qik Audio Guides:**

Bonding Health's Qik audio clips provide step-by-step guidance through a variety of scenarios. With interactive surveys and reflective exercises, parents can gain deeper insights into their parenting journey and make informed decisions.

- **Community Support:**

The app's built-in community tab connects parents with a network of other ADHD parents who are navigating similar challenges. This safe space offers an opportunity to share experiences, offer support, and form bonds with like-minded individuals who understand the daily hurdles of raising an ADHD child.

- **Exercise History & Progress Tracking:**

Parents can review past exercises and track their overall progress over time. This feature helps users identify patterns in their emotional responses, discover which strategies work best, and continuously improve their parenting approach.

Why Parents Will Love the Bonding Health App:

The Bonding Health app is designed to empower parents with ADHD-specific tools that help them feel more in control, supported, and connected. With a focus on ease of use and accessibility, the app simplifies the complexities of ADHD parenting by offering a reliable resource that parents can turn to whenever they need help. By providing emotional regulation strategies, mood tracking, and community support, the app makes the journey of parenting a child with ADHD more manageable—one step at a time.

Upcoming Events:

To complement the app launch, Bonding Health will be hosting a **Burnout Tips Webinar**, where ADHD experts will offer advice on how to avoid burnout and maintain emotional resilience. Be sure to register

for this informative session and take advantage of the community's wealth of knowledge.

Availability:

The Bonding Health app will be available for download on October 10th, 2024. Parents can subscribe for \$7.07 per month (annual plan) to gain full access to these powerful resources. Bonding Health aims to be a game-changer in how parents approach ADHD challenges, helping them navigate emotional and behavioral complexities with confidence and ease.

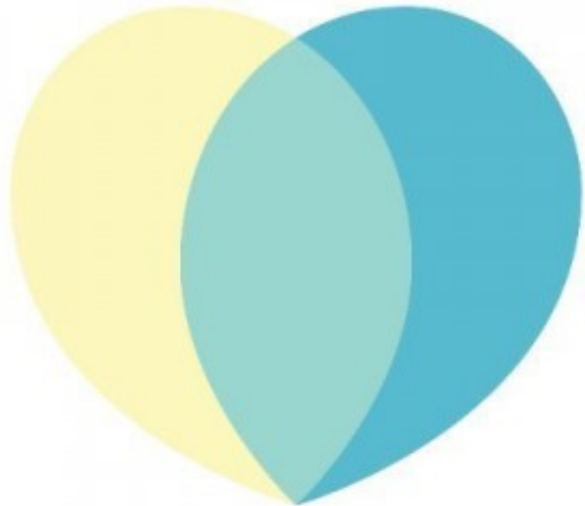
For more information, to schedule an interview, or to request a press kit, please contact:

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About Bonding Health:

Bonding Health is an emotional regulation platform designed to support parents of children with ADHD. Led by CEO Pen King and Dr. Lara Honos-Webb, the company aims to provide parents with tools and strategies that improve their emotional well-being, enhance their parenting journey, and foster stronger connections with their children. Bonding Health's mission is to empower ADHD families globally.



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