



**Accept us—
don't reject us**

Greetings
from the
Attention Deficit
& Hyperactivity
Support Group of
Southern Africa

ADHASA

Helping the community
for nearly 16 years!

Keeping up with ADD

April 2005

Tel: Sandy (011) 793-2079

Fax: (011) 476-4116

E-mail: support@adhasa.co.za

adhasa@telkomsa.net

PO Box 3704

Randburg

2125

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Counselling hours:

Wednesdays and Fridays

08h00 to 13h00

ADHASA National Office

Delta Park School, Blairgowrie

Phone: (011) 888-7655

CONSTIPATION

Constipation clinics for children! I was somewhat surprised to hear that they have become increasingly common in the UK.

But then, when considering children's lifestyle in the 21st Century, it's hardly surprising!

Even children's digestive systems are being affected.

day, passing soft but formed faeces. There are certain lifestyle factors that can have a strong impact on children's digestive processes, some of which could cause constipation, diarrhoea, or constipation alternating with diarrhoea.

Friendly Intestinal Flora

A good supply of friendly intestinal micro-flora is essential for optimal functioning of the digestive system and ideally should be gained from fresh, natural foods such as plain natural white yoghurt, fresh

Help the system deal with constipation problems by increasing the amount of



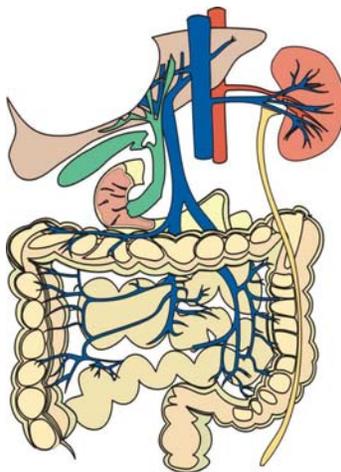
natural foods in the diet, and supplement with probiotics (which provide the friendly bacteria), making sure that the product chosen supplies billions of friendly bacteria per day.

Millions are not enough! Ensure the product is kept in the fridge.

Give a 15 day course whenever children have uncomfortable tummies, diarrhoea, smelly winds, smelly breath or are taking antibiotics.

Uncomfortable Motions

Hard, dry faeces are difficult to move, and can cause much pain and



Constipation is the result of waste material moving too slowly through the large bowel. Ideally children should have a bowel movement every single



fruit and vegetables. Unfortunately there are many children who demand highly processed products instead, often copying their parents' eating habits.

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discomfort. This may be alleviated by (a) increasing the amount of fibre in the food because fibres absorb water and expand, softening the faeces in the process, and (b) increasing the water intake. The body needs a certain amount of water – not too much but also not too little. It can be difficult to estimate how much water children with ADD/ADHD need because they frequently have essential fatty acid deficiencies and raised blood glucose levels, both of which increase the amounts of water they need.

Gotta Keep Moving Along

Food is moved along the intestines by wave-like squeezing motions of the intestines. The effectiveness of this process could be undermined by low muscle tone with muscles not responding adequately to commands from the brain. To improve muscle tone, first ensure that the child is having enough exercise - and playing in the garden is an

excellent way to start. Feed foods rich in vitamin E such as egg yolk, avocado pears, fresh wheat germ, whole raw nuts (older children only), whole-wheat bread, soya bean products. Children should have an adequate intake of vitamins and minerals with supplementation preferably in the form of a multivitamin and mineral complex; essential fatty acids often have to be given separately. It may be necessary to discuss the low tone with a physiotherapist.

Stress tightens muscles and so could make constipation difficulties even worse.



Fear of the Toilet

For some children just sitting on the toilet is a fearful experience and they will do anything to avoid it. Sometimes children find their own solution by defecating in the garden which could be highly irritating, but it could be the child's best efforts to solve a problem and is better than defecating on the carpet which is the solution found by others!. Rather than increasing the child's emotional turmoil about the toilet issue (and possibly even aggravate constipation problems of the future) try to find solutions that are acceptable to both of you. It may be letting him use a potty until you are able to help him overcome his fear of the toilet. Avoid undermining his fears because they are very real to him. Hitting children or telling them they are being silly may seem to provide some answers for parents, but they can be devastating to children and undermine their self esteem.



If a child needs to pass a motion, try to accommodate him as soon as is possible – never prevent him from doing so.

.....
• Jessica often had difficulties
• with constipation, a problem
• which became worse when she
• was stressed. She was most
• concerned one day because she
• was on the toilet but her
• tummy wouldn't work! Her
• mother was waiting for her to
• finish so that they could go out.
• Fortunately her mother recog-
• nised Jessica's stress and
• soothed her by telling her to
• calm down and that there was
• no rush. As Jessica relaxed, she
• was able to speed up, and she
• and her mum left soon after-
• wards.
.....

Paediatrician

In this article we have approached constipation from the dietary point of view and following the above advice often solves the problem. However there are many other factors that could be involved and if the child continues to suffer from chronic (ongoing) constipation, then it is advisable for you to take your child to your Paediatrician for a thorough examination.

Heather Picton

ADHASA News

On the surface people may wonder what we are doing ... but there are so many exciting things happening that will soon be reflected in the Support Group. Some of our recent activities include:

Adult ADD Support Group

Despite the rain, our adult ADD meeting was well attended with some people travelling a long way to be with us.

There was much discussion and sharing and, in general, it was agreed that most people had come for assistance because they needed it. Others pointed out that they had studied ADD and understood how it had affected their lives, and that they would be happy to interact with and help others. So this group would have both an inward and outward focus.

The next meeting of the Adult ADD Support Group ...

Place: Roedean School
Date: Saturday 14 May 2005
Time: 14h00 for 14h30
Entrance: R25 Visitors; R20 Members
Come along and be a part of this vibrant group of people determined to make a difference to their lives and to others!!!

RSVP National Office 011-888-7655;
Dr Norman Cahill 011-322-4000; or
Gail Ramsey 083-308-3547.

Support Group Meeting

The topic for the next meeting of ADHASA is Neurotherapy which is to be held at

Delta Park School, Standard Drive, Blairgowrie.

Date: 11 June 2005

Time: 13h30 for 14h00 start

Mitzi Claassen is to be the speaker and it's a great opportunity for you to find out what neurotherapy really is and how it could help your child with his concentration.

RSVP 888-7655 National Office

SEMINAR NEWS

Are you "Paying Attention to ADD?"

Our 2005 Seminar is to be held in collaboration with the Division of Special Education of the University of the Witwatersrand on **23rd and 30th July**. There will be much information about both adults and children with ADD. In addition to our basic addresses which every newcomer to the field should attend, there are also several new topics. Book early to reserve your place!!! Send an email to support@adhasa.co.za or phone the office on (011) 888-7655 on Wednesdays or Fridays and please leave your FULL NAME, EMAIL ADDRESS and TELEPHONE NUMBERS.

Cost R400 for the two days, including a sit-down lunch.

Reduced fee for full time students showing their registration cards: R190.

See bank details ...

Payments to ADHASA
Internet or Bank Transfer:
ADHASA
Standard Bank,
Braamfontein
Branch code No 4805
Account No. 002901323
Fax Transfer confirmation to
ADHASA on (011) 476-4116



Topics include

- ♣ Understanding assessments and medication;
- ♣ Vision and its importance for reading;
- ♣ Social and emotional development;
- ♣ Importance of play in children's development;
- ♣ Resilience (the ability to bounce back);
- ♣ Choosing employment to match your abilities.

Stuart Wilson will be explaining how candida can affect your concentration!

Book now!!! Don't miss out on this amazing seminar!!!

We would like to thank Dr Ela Johanssen of Bioflora, producers of Intestiflora for all the assistance and information, enabling us to provide a better service to you.

This edition of
"Keeping up with ADD"
kindly put together for us by
Lorí Lea (Executive, Life and
ADD Coach) of
Mind Focus

www.MindFocus.co.za

A small fridge for National Office would enable us to stock a broader range of products.

Does anybody have a working fridge for ADHASA?

We have another exciting new product in the Happy Kids Shop: "SETTLE AND GROW" is a set of audio programs to help learners (and parents) with "CONCENTRATION, RELAXATION, CREATIVITY, SLEEP". The CDs incorporate music, commentary and sound effects which incorporate AHATA sound harmonics to bring the brain to the ideal state for sleep, concentration, memory recall, as well as relaxation.

There are also a number of accessory products including a CDROM called "GEMSHAPES". It was designed by a South African Psychologist for family use, to identify one's perceptual style, and then provide the techniques, ideas, tips and coaching to suit that style - labelled "your Gemshape" e.g. you could be a "Coral block" or a "Topaz sphere".

These 2 products retail at R495 and R190 respectively; Paid-up members of ADHASA are entitled to a twenty percent (20%) discount.

