



Keeping up with ADD

**Accept —
don't reject**

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

**This information
is for everyone -
please send this
article to anyone
who could use it!**

INSIDE THIS ISSUE:

PARTIES	1
Party Disasters	1
Preparing for the Party....	1
After the Party.....	2
Giving a Party	2
SEMINAR 2005	2
ADHASA News.....	3
Panel of Advisors.....	3
Parent and Baby Expo....	3
Soweto Seminar	3
Next Meeting.....	3
Volunteer Training	3
Success Story	3
Membership Form.....	4

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Counselling hours:

Wednesdays and Fridays
08h00 to 13h00

ADHASA National Office
Delta Park School, Blairgowrie
Phone: (011) 888-7655



The TV crew was waiting with their cameras ready to roll. Twenty children at a birthday party, most of them medically diagnosed as hyperactive, promised to be an exciting afternoon's filming. They had already taken footage of the table groaning under the weight of cakes, biscuits, sweets and cool drinks and now, all they wanted were the children!

Party Disasters

Many mothers hate sending children to birthday parties because they just cannot cope. Not only is there all that party excitement, but all that food! Maybe we should say all that NON-FOOD!!! Most children go to the birthday determined to be on their best behaviour ... and then they see the table laden with sweets, jellies, brightly coloured cordial drinks, biscuits, cakes and crisps. As the child fills up on additive laden food, mums see the dramatic loss of self-control as their child goes

into a state of reaction becoming increasingly impulsive, aggressive and less able to cope. He becomes more rude and impudent and everyone wonders why his mother doesn't discipline him or teach the child some manners.

She will have to cope with the symptoms for the next 72 hours!

There are other complications even if the child doesn't normally avoid certain food additives: Some children don't like going to birthday parties because they cannot stand the noise!! Either they find the quietest corner and hide away hoping no one will come near; or else they rush around making more noise than anyone else in an effort to drown all other sounds. Invariably they end up in trouble.

(Such behaviour is more likely to be seen in a child with Inappropriate Sensory Modulation – if you need further information contact ADHASA 011-888-7655)



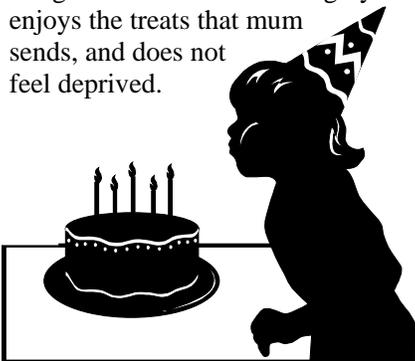
But far worse can happen in the life of a child ... and that is not being invited at all!!!! This is a most painful situation for a child because he knows he is not wanted. He needs support. If there is a birthday party and he has not been invited, suggest that a special friend comes over to play on the day of the party, or take him to see a movie. Do something with him that he really enjoys and make him feel important and loved.

Preparing for the Party

If your child has been invited to a birthday party, avoid making him over-excited during the build-up period. Let him know that he will be going, but don't whip him into a frenzy. Calmly discuss the present to be bought, or anything else relevant to the event. Make sure that he has a balanced meal such as a hamburger, or spaghetti bolognese or lasagne before he leaves.

Filling up on good wholesome food will reduce the amount of junk that he eats, and hopefully reduce the reaction normally experienced.

Some children go to the party armed with their own party snacks but this doesn't work for everyone. However, if the child has allergies, there may be no other option. The most important thing is that the child thoroughly enjoys the treats that mum sends, and does not feel deprived.



Back to that TV crew ... they were expecting to film children up the trees and on the roof or attacking each other ... but were disappointed. Most of the children attending were ADD/hyperactive but there were very few incidents. The Panda birthday cake, the brightly coloured crinoline ladies, the home made and iced biscuits, the 'traffic light sandwiches', popcorn, meringues etc were all made without synthetic colourants and flavourants – even the almost psychedelic coloured birthday cake made for the producer after someone told us that it was her birthday as well. The children ate greedily until they could eat no more and quenched their thirst with diluted pure fruit juice, without additives. The cameras rolled and filmed children playing games, exploring and having a great time, but they didn't manage to film any exciting spats or fighting, because there were none.

Giving a Party

It could be that you are holding the next birthday party. Take advantage of the fact that there is ever increasing knowledge about the role of healthier eating and that suitable treats are far more available - without too much fuss you can provide children with interesting but nutritious snacks. Of course they can still have their cakes, biscuits, popcorn and sweets, but stick to those that are free of the additives likely to affect an ADD/ADHD child (and probably every child at the party will feel better for it). Planning the event might initially take a little more time and effort, but it won't be long before other mums are copying your example.



After the Party

If he comes home afterwards and has obviously overindulged – you'll soon know from the mood – give the child a dose of vitamin C or Phipps Milk of Magnesia. Keep this remedy for the odd occasion rather than trying to remedy poor eating habits on a daily basis.

If he comes home with that dreaded box of sweets, don't confiscate them but rather make a trade. Be sure that you have a few of his very favourite sweets or biscuits which he would rather have instead. Or make it a trip to the zoo or other special place.

Use your favourite recipe for the birthday cake. Follow it as usual using flour, baking powder, sugar, eggs, milk, but use butter or oil rather than margarine, and unless you can find natural vanilla in the health shops, do without it. The butter adds its own rich flavour. If your child can handle cocoa, ice the cake with chocolate icing but if you want other colours, see page 100 of "Hyperactivity and ADD – caring and coping" or phone National Office at 011-888-7655.

In the same way you could use your favourite biscuit recipe making sure that butter and pure vanilla replace less suitable ingredients. For sweets check the Recommended Food List that is sent to every member who joins ADHASA. If you want to serve crisps, use only Lays lightly salted. Diluted pure fruit juice Liquifruit/Ceres/Wilde can stretch quite far (use crushed ice). Frozen yoghurt or pure fruit juice make delicious lollies. Children enjoy tiny meatballs, shaved biltong, and cheese. Serve chicken pieces and pretzels. Try small interesting sandwiches cut into triangles or pretty shapes. Add a bowl of fruit. Use prettily coloured table cloth, paper plates and cups. Some children love balloons and others don't – you can decide if you want them.

Keep the children occupied with a few party games. Remember those childhood games that today's children don't even know about because they spend so much time in front of the TV or at therapy? Teach them to the children and play with them - have fun as you relive your childhood parties, and the children enjoy a party to remember.



Give them a treat that they value.

Heather Picton

SEMINAR 2005

We discovered that our Seminar Dates clashed with a major seminar on Inclusion also to be held in Johannesburg, and so we've changed our dates to **Saturday 28 May** and **Saturday 4 June** (2 full days).

Please diarise those dates now!

Further details about our seminar will be forwarded to you in the next couple of weeks.

ADHASA News

PANEL OF ADVISORS

We are slowly rebuilding our Advisory Panel and would like to introduce you to the following two people:

Francoise Harrison is an Occupational Therapist specializing in Sensory Integration and CranioSacral Therapy who joined ADHASA as a subscriber member in 1990. For over a decade we have relied upon her for information and advice; she has contributed articles and been a frequent speaker at ADHASA Seminars and meetings. Francoise has a keen interest in healthy eating and in addressing lifestyle issues and we are pleased that she has agreed to join our Panel of Advisors.

Personal note from Heather:

Many people have thanked me for the section on Inappropriate Sensory Modulation in my book which has helped them understand and manage their children's seemingly irrational behaviour in various circumstances. Without the help I had from Francoise, I doubt that this section could have been nearly as successful. Thank you Francoise!

Jeske Wellmann is a Registered Dietician who is most interested in blood glucose control and believes that ADD/ADHD children should not have foods with synthetic colourants, synthetic flavourants, or antioxidant preservatives. She accepted our invitation to become a member of our Advisory Panel and soon assumed a major role in our food list research team. Thank you Jeske for all your valuable time and effort!

Meet both Jeske and Francoise at our meeting on 12 March 2005!!!!

PARENT AND BABY EXPO

Don't forget to visit us at the Parent and Baby Expo at Gallagher's Estate this weekend – dates 25, 26 and 27 February! Bring your friends who don't understand their difficult children. We'd love to see you all!

SOWETO SEMINAR—26 Feb 2005

Our first ADHASA seminar in Soweto will be held on Saturday 26th Feb 2005 and is specifically aimed at school teachers and clinic sisters. It is going to be a great success and we will tell you more about it next month.

OUR NEXT MEETING – 12 March 2005

When last were you given the opportunity to ask a professional all your ADD/ADHD questions and not worry about the next impatient person waiting for their appointment? Come along on Saturday 12 March with all those questions and find the answers!

Meet the panel of experts who have agreed to make themselves available to answer your questions:

Daleen Kruger, Deputy Head of Delta Park Remedial School; **Johan Erasmus**, Developmental Paediatrician; **Francoise Harrison**, Occupational Therapist; **Jeske Wellman** Dietitian; **Terry Wilke**, Educational Psychologist and Director of ADHASA.

If possible let us know if you are coming as this will help us with preparation for the meeting. It is to be held at 2 pm on 12 March at Delta Park School, Standard Drive, Blairgowrie. Suggested donation for entrance R20 members, R25 visitors.

VOLUNTEER TRAINING

I think we have just one place left on our lists for volunteer training! We'll be in contact with our volunteers at the end of this month for training to start the next. We have a wonderful group of people and we're really looking forward to working with them.

This edition of
"Keeping up with ADD"
kindly put together for us by
Lori Lea (Life Coach, also
specialising in AD/HD) of



SUCCESS COLUMN

The neurologist did not diagnose Tron as having ADD/ADHD but suggested Ritalin to help him cope with his concentration. His parents wanted to explore other avenues and approached Heather for assistance. He had a tremendous thirst, often poor appetite, difficulty with registering and carrying out instructions and vertical eye tracking seemed inadequate. He showed symptoms of inappropriate sensory modulation and the OT had suggested low tone of the upper body.

Once mum understood how the various symptoms affected Tron in everything he did, there was less pressure on him which helped him to relax. Most additives were removed from his diet, and the multivitamin and mineral supplement combined with EFA supplementation helped him put on a bit of weight, and mum also gave him calcium magnesium.

Within a month he was able to attend a concert without complaining about the noise, or covering his ears. He seemed more serene. Although he still retained various symptoms, they were less severe and he could cope far better. At the last appointment mum was thrilled to announce that he had achieved his A grade in Tai Kwando. Two years later she phoned to share that Tron was the youngest black belt in Tai Kwando in South Africa and the African continent! Congratulations Tron!!!!

Tron is coping - the Tai Kwando helps his concentration and healthy eating remains an important part of his success program.

For a **COMPLIMENTARY** session (1,5 hours)
phone **Lori** now on
082-787-0262 to book
an appointment!



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Blairgowrie, Johannesburg
Tel: (011) 888-7655

MEMBERSHIP APPLICATION FORM - Annual Subscription R100-00 PLEASE PRINT

NAME:

POSTAL ADDRESS:

.....CODE:.....

TEL: (h) (.....)(w) (.....).....CELL.....

FAX NO: (.....).....E-MAIL.....

NAME OF CHILD/MEMBER:.....

DATE OF BIRTH:/...../.....

SCHOOL:

SIBLINGS: (Names & Ages)

1 2

3 4

OCCUPATION: Mother

Father

SIGNATURE: DATE:/...../.....

For confirmation of application kindly deposit into
Standard Bank, Braamfontein Branch Code No. 4805.
Account No. 002901323
in the name of Attention Deficit & Hyperactivity Support Group of Southern Africa.

- Please make cheques payable to: ADHASA
- Cash payments can also be made into this account
- Please complete the deposit reference blocks below your signature with your printed full name
- Please **fax** your Application Form together with clear copy of bank deposit slip to (011) 476-4116.
- Alternatively, post this form, together with your remittance to PO Box 3704 Randburg 2125.

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