



Accept —
don't reject

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

**INSIDE THIS
ISSUE:**

BEDWETTING

EMOTIONAL
SUPPORT 1

CALCIUM PROPIONATE
NOT SO GOOD 1

ESSENTIAL FATTY
ACIDS NEEDED 2

STABILISE BLOOD
GLUCOSE LEVELS 2

MAGNESIUM IS
IMPORTANT 2

KERYN'S STORY 2

POOR TOILET
HABITS 3

A LAST WORD ... 3

ADHASA NEWS 3

EXCITING EVENTS! 4

Keeping up with ADD

January 2005

PO Box 3704
Randburg
2125

Tel: Sandy (011) 793-2079

Fax: (011) 476-4116

E-mail: support@adhasa.co.za

If you do not wish to receive
this please send an e-mail with
“unsubscribe” in the subject.

Company not for gain

93/03639/08

Counselling hours:

Wednesdays and Fridays

08h00 to 13h00

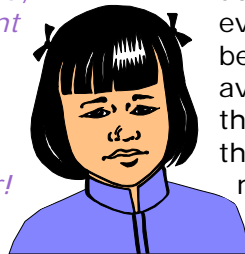
ADHASA National Office

Delta Park School, Blairgowrie

Phone: (011) 888-7655

Bedwetting at 6, 8, 10 ... ?

My eight year old daughter still wets her pants and it's causing such problems! She's embarrassed, doesn't want to go to school and has no confidence whatsoever! How can I help her?



keep in mind that she may have very little control over these bodily functions and that accidents can happen even though she might be trying very hard to avoid them. The bigger the fuss you make when things go wrong, the more her confidence levels are eroded.

elimination of products containing Calcium Propionate especially as we suspect that it can interfere with neural function and hence concentration. Calcium Propionate is a mould inhibitor that prolongs the shelf life of



bread. In South Africa, it was not allowed in bread until the early 90's when certain restrictions on ingredients were lifted. Calcium propionate (and other additives) were soon added in commercially prepared bread. It became so widely used that the Food List Research team was recently told that bread cannot be made without calcium propionate!!

EMOTIONAL SUPPORT

It's important that you take your daughter to your family doctor for a thorough check up. But that's not all – as a parent there's a lot you can do to help improve the situation. In particular your approach, especially when she has had another accident, can have a major impact on how she copes, and the effect it can have on her self image. Try to

CALCIUM PROPIONATE NOT SO GOOD

In the early nineties, ADHASA was known as the Hyperactive Support Group of Southern Africa – and it was during this time that we suggested that Calcium Propionate be avoided by AD/HD children, especially if they have enuresis (wet themselves) or a tendency to twitch. Support Groups internationally have subsequently joined us in recommending

Fortunately some smaller bakeries are once again making calcium propionate-free bread available. If you are in the Johannesburg area, visit your nearest Fournos Bakery or visit Natural Bread in Bryanston or Rivonia

(avoid the cherries and custard slice). Speak to your local supermarket – they can be very helpful. Blairgowrie Spar (as do a couple of other Spars) offer low GI bread free of any synthetic ingredients – orders taken.

Please let us know if you have found bread free of calcium propionate in your area so that we can pass the information on to others. If you cannot find any, you could investigate a "Bread Maker".



Non AD/HD children may also have bed-wetting problems and the suggestions in this article could also be used for them. Please feel free to forward this article to anyone who could use it.



ESSENTIAL FATTY ACIDS NEEDED



Research is suggesting that a deficiency of essential fatty acids (EFAs) can affect neural functioning, interfering with effective relaying of messages from one neuron to the next. This could explain why the AD/HD child has difficulty in so many areas of his life. Bladder control may also be affected. Over the past 16 years we have often encountered children wetting or dribbling in their pants, and many of these have found relief when levels of EFAs and general nutrition in the body are raised. Contact ADHASA at 011-888-7655 and find out which substances interfere with metabolism of EFAs, making them less available to the body.

Ask how to avoid these substances initially this may seem impossible, however it is so much easier than in 1989 when I first started the Support Group. People have become more aware of their children's needs and demanding the correct foods ... and even the manufacturers are finally listening!!!

STABILISE BLOOD GLUCOSE LEVELS

A need for frequent urination, and diminished control, may be linked to elevated blood glucose levels! The spiking of glucose levels, especially after starting the day with a high GI breakfast can contribute to the problem... and concentration can also be adversely affected.



Try to serve a lower GI breakfast by providing a protein and a complex carbohydrate such as an egg on toast or baked beans on

whole-wheat bread or even a peanut butter sandwich (but not every day). A portion of fruit could also be added. At all times check product ingredients.

MAGNESIUM IS IMPORTANT

The Hyperactive Children's Support Group in England suggested that there could be a link between bed-wetting and magnesium deficiency. If you wish to know more about their recommended supplementation, please contact ADHASA National Office at 011-888-7655.

KERYN'S STORY

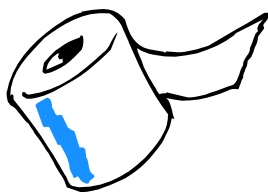
I remember a nine year old girl, Keryn, who constantly dribbled in her pants and was acutely aware of the smell by the end of the school day. She also had a tremendous sweet tooth. I explained that the abnormal number of sweets she was eating could be aggravating the situation and that the

quantity should be reduced ... whereupon the child burst into tears and couldn't stop crying. She cried so much that I even suggested that mum bought her an ice cream (one on our Food List) on the way home just to prove that we weren't trying to deprive her of all treats!

Initially the family struggled to reduce the sweet load and ensure she never had them on an empty tummy. Taking out the synthetic colourants and synthetic flavourants, and introducing healthier foods into her diet was also a challenge, but they persevered. A month later, Keryn's mother reported that her daughter had stopped dribbling in her pants!! She was also more relaxed and sleeping soundly at night. Keryn was much happier with her improved bladder control and no longer seemed to crave the sweets.

POOR TOILET HABITS

Often these children have very poor toilet habits such as delaying going to the toilet and then only running when they are totally desperate and not making it in time. Some AD/HD boys stand in front of the toilet and then, because they are so distractible, spray in the general direction of the toilet but frequently miss the bowl. It is also fairly common that these children don't wipe their bottoms properly after a motion, which makes their pants unnecessarily dirty. Obviously we try, gently, to instil an awareness of what they should be doing into these children, and reward them when they get it right – but that may not be enough.



IMPROVEMENTS

I have frequently found that frustrating behaviours are reduced or disappear after undesirable additives have been removed from their diet and replaced with old fashioned good, healthy food! Could these improvements be linked to the child's (often reported) increased awareness of himself and what he is doing? Parents also report an increased willingness of the child to do what is required of him.

It seldom happens but is possible that diminished toilet control continues into the teenage years. Obviously medical advice should be sought, but it would still be helpful to consider suggestions in this article.

A LAST WORD ...

In this edition I have concentrated on the nutritional aspect of diminished toilet control however this is not necessarily the only way to go ... but I do think it's an important way to start. However, I don't think anyone should ever rely on only one source of information: try the above, but don't hesitate to also go out and find a good book on the subject, using what you find appropriate.

Enuresis and bed wetting can cause tremendous strain in a family - but yelling, smacking and shaming are unlikely to help, and only make the situation worse. It's a crazy world when children are regularly beaten

even though they may be trying their very best, and are unable to achieve the results that come naturally to others.

Heather Picton

Support Group News

ADHASA NEWS

At our recent AGM we increased the number of Directors to ten and voted two new members onto the Board:

Elizabeth Masike is a Chief Professional Nurse with her own ADHD children and grandchild. She has been an involved member of the Support Group for about nine years, and heads our Sowetan Project. Her impending Seminars are to give support and training to teachers in disadvantaged areas.

Stuart Wilson has been involved in the field of nutrition for many years and developed a Diet and Nutrition Theory Course which has been accredited internationally. He has been a keen supporter of the support group for over a decade, and we're delighted to have him officially on board.

We welcome these dedicated and enthusiastic new Directors to our Board and know that they will continue with their valuable contribution to the work that we are doing.

Keeping up with ADD

'Keeping up with ADD' focuses on explaining and finding solutions for situations which cause family upheaval on a regular basis. We would like to know if we have explained AD/HD flashpoints in your family life? Has this made life more comfortable for you?

If not, please let us know about your particular ADHD challenges – maybe we'll be able to help. E-mail the office, or phone 011-888-7655 Wednesdays and Fridays 08h00 to 13h00.

EXCITING EVENTS!

Once again we are holding the ADHASA Seminar in collaboration with the Special Education Department of the University of the Witwatersrand. Please note the dates in your diary – 14th and 21st May.

Panel of Experts:

Have you ever felt frustrated because there are so many questions you want to ask about ADD/HD but never had the chance? We're planning to give you this opportunity on 12 March by inviting a panel of experts to answer your questions. The last time we had such a meeting was about 1994/95 and it was a most valuable afternoon for everyone who attended. They all went home pleased and excited .. And we are making this special opportunity available once more. There will be more details in the next 'Keeping up with ADD' and in the meantime, **please let us know if you are coming** so that we can arrange the venue accordingly. The last time we had such a meeting was about 1994/95, and people who attended were most excited! It was just what they needed and we've decided it was time to do so again.

TRAINING SESSIONS:

Training sessions for Branch Leaders and other volunteers will be starting soon. We will be in contact with those who have already put their names down but we can accommodate another two people. Please let us know if you would like to be involved.

HAPPY KIDS SHOP!!!

It's a new year and we are fully stocked. If you occasionally buy sweets but are concerned that they contain unsuitable ingredients – here's your chance to find some that don't. Come visit us at the Happy Kids Shop at our office in Delta Park School - (Wednesdays and Fridays 08h00 to 13h00). We also have a range of supplements – you might like our prices too!

In the next issue we'll be giving more details about the above activities and also introducing our advisory panel members and volunteers to you.

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



Mind Focus cc
Mind Focus

Tel / Fax: 011-787-0262
Cell: 082-787-0262



Please note that we have
a new email address:
support@adhasa.co.za
and a new fax number:
011-476-4116

BECOME A MEMBER! (If you aren't already!)
Membership fees are R100 per annum.
If you wish to subscribe,
please phone or e-mail us
and we will send you the Membership Form!



VOLUNTEERS NEEDED

Can you help us?
No experience needed—
we offer full training.
One morning a week of your time enables
us to provide a better service to the ADD/
ADHD community.
As you help others, you inevitably gain
greater skills for helping your own family.
Can you afford not to come?
Please contact Sandy
(011) 793-2079