

Accept us don't reject us

Keeping up with ADD

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

ADHASA

Helping the community for 16 years!

November / December 2005

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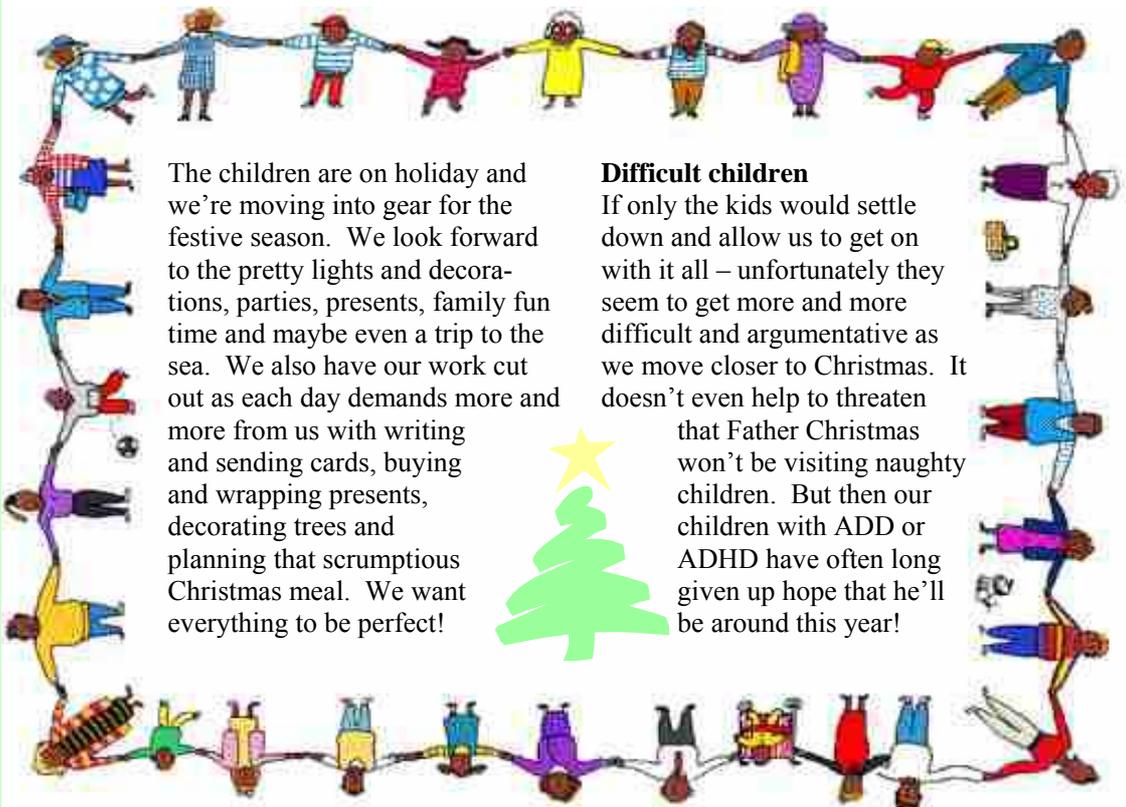
This article targets people with ADD/ADHD but the information could help non-ADD people too. Please make this newsletter available to anyone who could use it.

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THE PERFECT CHRISTMAS



The children are on holiday and we're moving into gear for the festive season. We look forward to the pretty lights and decorations, parties, presents, family fun time and maybe even a trip to the sea. We also have our work cut out as each day demands more and more from us with writing and sending cards, buying and wrapping presents, decorating trees and planning that scrumptious Christmas meal. We want everything to be perfect!

Difficult children

If only the kids would settle down and allow us to get on with it all – unfortunately they seem to get more and more difficult and argumentative as we move closer to Christmas. It doesn't even help to threaten that Father Christmas won't be visiting naughty children. But then our children with ADD or ADHD have often long given up hope that he'll be around this year!

ADD/ ADHD is so frustrating to live with, but have you ever considered how a child (whose ego has already been battered by difficulties at school) feels when he recognises the upheaval he causes at home.

Impulsivity can be so hard to handle ... and he has yelled or fought less than twenty minutes after promising that he would never do so again. Even if he tries his very best,

it's almost impossible to prevent the next outburst because, once again, it happens before he is even aware that it's coming. And it happens far more frequently when he is stressed – usually because his mum is very busy or highly stressed! The run up to Christmas can be extremely trying for everyone concerned.



VOLUNTEERS NEEDED TO COUNSEL AND HELP CHILDREN AND ADULTS WHO ARE BATTLING WITH THEIR ADD/ADHD.

PHONE SANDY ON ABOVE TELEPHONE # IF YOU CAN HELP.

Lifestyle

Many questions are being asked about the link between ADD/ADHD and lifestyle. To what extent are the symptoms of ADD/ADHD aggravated by our hectic way of living?

Windows of the soul



The eyes have been called the windows to the soul and can allow us to see

more when we look at our children. Take a recent head and shoulders photograph of your child (school photo will do) and cover every facial feature except the eyes – look carefully at them. It might come as a shock to see the anxiety so often hidden by the broad smile, or the fear behind the sullenness of the angry and aggressive child. Could behaviour be the only way the child manages to hide his true feelings, or protect himself or herself?

Building self esteem

The run up to the perfect Christmas could be at the expense of our children, or it could be a wonderful opportunity to start building their self esteem, making them feel as though they are an integral part of the home. Let them help



with some of the preparations like stirring the cake or beating eggs.

Cutting out cookies can also be great fun for them especially

if we make the mess on the cupboard far less important than the chaos in their heads. Always let them know how much you have appreciated their attempts to help.

Dad is important



Get Dad into the picture (if this is possible) to play ball with the children. Possibly he could

teach some of the old fashioned games like wheelbarrows and leap frog, even a game of marbles! We never realized how valuable these activities were for children’s muscle tone, co-ordination and organizing skills until they stopped playing them!

New Year’s Resolution

As you consider your New Year’s resolutions, think of including something about really understanding your children... are they just naughty ... or is there a child who is struggling so very hard but falling flat on his face almost every single day?! The best gift we could ever give is to recognise his challenges and help him work through and find better solutions.



What a wonderful year 2006 will be if we’re able to understand the incredible difficulties faced by our children and know how to tackle them. We’d be helping both the child and ourselves.

God bless you all during this special season.

Heather Picton

ADHASA NEWS

Just a few weeks to the end of the year and we’re all frantically trying to squeeze in and complete so many things. It’s been a very busy time for all and no less so for the Support Group:

We started off with a series of talks at various schools and soon were on the first of several live chat shows (radio) broadcasting to over a hundred countries world-wide; during February Elizabeth held a most successful Seminar for school teachers and therapists in Soweto and then it was time for our volunteers

training courses which took place over a period of eight weeks. Our new logo was launched in June and our annual Seminar held in July/ August.

Finally we could concentrate on raising R20 000 for my presentation in the USA, and for Elizabeth Masike, our Soweto Co-ordinator, to accompany me.

We extended our library and launched our new Website. Our upgraded newsletter, Whizz Kidz, was launched in October.



The popular Adult ADD Group has helped many, and a series of Therapeutic Art Lessons were held for the ‘Child Support Group’. The Happy Kids Shop has also grown and extended its range of products for sale.

Talks were given throughout the year, companies, parents and students have approached us for information and assistance locally and internationally. We haven’t even kept count of the number of South African students we’ve assisted just in the last twelve months.

At the same time we continued assisting members of the community, at National Office or on the phone, or many via email. Branch Co-ordinators have made a tremendous difference to people in their own communities.

Keeping Up with ADD has continued to attract attention; and we’ve been working steadily on our “Guide for Educators” which we’ll be launching sometime in the New Year.

We have sorely neglected many wonderful people who have offered to run branches for ADHASA and this is now one of our priorities. In the New Year we hope to get together with our Branch Co-ordinators and finalise a branch policy which will ensure a win-win situation for everyone involved.

Watch this space ... check our website ... and make sure you read Whizz Kidz...and find out about the many exciting things that have been planned for the New Year!

Please can you help?

Volunteers

As you can see there is an amazing amount of work that has been done especially considering the small work force available. Every single person is a volunteer and we really need more help!

In particular we need people to help us answer the telephone in National Office (Delta Park School) from the beginning of 2006. Please could you assist just one morning a week (or alternate with a friend and do one morning a fortnight). If you're not sure of your skills, you would be a tremendous help even if you just took messages until you are become comfortable with it all!

Several people have approached offering to help, but cannot spend time in National Office. We'll be contacting you early in 2006 but it would be a great help if you were to first send an email letting us know which area you would like to have involvement and here are some examples:

- ▶ book reviews
- ▶ sending us ADD/ADHD-related press articles
- ▶ sending us ADD/ADHD related research articles
- ▶ being on our Seminar planning committee
- ▶ helping out at ADHASA meetings/ seminars
- ▶ handing out our brochures to schools, pharmacies, doctors etc
- ▶ fund raising
- ▶ Sometimes we just need someone to write an article for us
- ▶ Branch Portfolio, Food List Research.

We're open to suggestions so please let us know how you think you can best contribute your time and talents to the Support Group. The more people we have, the lighter the load for everyone, and the better the service that we can give.

If you can help in any way, please contact Sandy on 011-793-2079 or email Sandy at support@adhasa.co.za or contact Heather on 011-886-7668

Research Project

As always I believe that it is most important to assist students whenever possible as their work gives greater insight into the whole picture of ADD. By helping them we are, in the long run, actually helping ourselves.

Nicki Rabie is a 4th year student teacher (Cape Town) doing her thesis on support groups and whether or not they provide the adequate support and value for helping parents manage their ADHD child.

We have been in contact for a few months sending her information about the running of support groups, and now it's time for her questionnaire!!

Please take a few minutes to fill in the attached questionnaire and, as always, send it directly to Nicki. A few

minutes of your time will enable this young lady to complete her thesis, so please help her. Hopefully we'll be able to have a copy of her final document in our library.

Art Therapist

Our Saturday morning Art Therapy sessions have been most successful and we are sad that Gillian Vellet will soon be leaving for Canada. We are looking for an another Art Therapist to conduct the classes – if you are or know of one, please contact : Sandy (011-793-2079) or Gail (083-308-3547).

The Addult ADD Support Group holds its final meeting of the year on Tuesday 13th, and will resume at a new venue in the new Year.

Remedial Secondary School with boarding facilities

Required for a child about to go into Grade 8. Can you help and please let us know if you are aware of a high school offering boarding facilities and catering for children with learning difficulties. Phone Heather at 011-886-7668 or preferably send email to support@adhasa.co.za

We wish you all Compliments of the Season, a well-earned break, and safe travelling.

To our Christian friends a Merry Christmas;

To our Jewish friends a Happy Channukah;

And a Wonderful New Year to all our Muslim Friends—

Hope everyone had a joyous EID!





Mind Focus cc

For a COMPLIMENTARY session (1,5 hours) to learn about how coaching can and will enhance your life phone Lorí now on 082-787-0262 to book an appointment!

This Edition of **KEEPING UP WITH ADD** put together by Lorí of **Mind Focus.**

**MAY IT BE A PEACEFUL,
 HAPPY AND JOYOUS
 FESTIVE SEASON
 FOR ALL OUR READERS.**

