

Accept - don't reject

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

ADHASA

Helping the community for 18 years!

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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VOLUNTEERS NEEDED

TO ASSIST ONE MORNING A WEEK IN NATIONAL OFFICE. PLEASE PHONE SANDY 011 793 2079 OR LYNNE 011 888 7655

Keeping up with ADD

November and December 2007

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Office hours: Weekday mornings 08h00 to 13h00 ADHASA National Office Delta Park School, Blairgowrie

FROM HEATHER'S DESK

Hi all! It's almost the end of another busy year and I'm sure you're all looking forward to a well deserved break!

We've included holiday tips in this month's edition - a secret recipe to ensure that you make it sanely through the holiday period! I trust you'll find them useful.

We hope you and your family have a safe, relaxing and peaceful festive season. We look forward to an exciting 2008 to share with you and celebrate the special gift that AD/HD brings to our lives.



Zivana

AD/HD WORKSHOPS IN 2008

This year we held 2 workshops in Jhb - "Music and Movement" and "The Missing Nutritional Link". Both workshops were well attended and your feedback has been extremely positive. We have had numerous requests for more workshops with guest speakers, where we can learn and have the opportunity to interact with other families who deal with AD/HD.

We are arranging these and they will take place on Saturday mornings. The frequency of these meetings will depend upon how well they are supported. We would like to extend these meetings to our regional offices - so we need to hear from you as well!

These meetings are for you. To ensure we enlist the correct speakers and topics, please drop us an e-Mail or contact our National Office to let us know what you would like to hear about.

CONTACT WITH ADHASA DURING THE HOLIDAYS

The school year finishes on 30 November 2007 and the ADHASA office will then be closed for the holidays. We reopen on 9 January, the start of the new term in 2008. During this period you can still contact us by email and, time permitting, we'll gladly respond to your queries. Our two email addresses are adhasa@telkomsa.net and support@adhasa.co.za.

THE MISSING NUTRITIONAL LINK - by Heather Picton



I have long been saying that we were missing information in the nutrition puzzle. We took certain additives out of the

diet and encouraged the eating of more natural foods. We also suggested supplementation. There were exciting improvements in ever so many children, however I thought that there was still room for further improvement. I believe that I have finally found what I have been looking for.

This is not instead of, but in addition to the basic principles we have followed over the years. These are:

Avoid foods containing additives such as synthetic colourants, synthetic flavourants and antioxidant preservatives.

Encourage people to eat fresh natural food which

provide vitamins, minerals and essential fatty acids.

Supplement with essential fatty acids, as well as the multivitamin and mineral complexes that help the body to use them.

Stabilise blood glucose levels.

Keep sugar to a minimum.

Having said that sugar should be limited, it may seem crazy when I suggest that we are not getting enough natural sugars! There are eight natural sugars (known as monosaccharides) that we should be getting in our diet, but in fact we usually only get two – and then too much of them. Most people are having far too much glucose and, if they drink milk, they could be ingesting a lot of galactose. It can be a tremendous strain on the body if we constantly demand that it uses its own resources to produce the other six sugars.

We should get the whole range of sugars from fruits (and vegetables) that have ripened naturally on the plant. It is in the ripening process that the plant produces glyconutrients. These days however, most fruits are picked green – they do not ripen naturally and so cannot produce these important glyconutrients. If you think about it – how often do you get to pick and eat fully ripened fruit? I reckon that every garden should have at least one fruit tree.



Glyconutrients are important because they improve cellular communication – we think it is as a result of this that there have been many reports of improved health and much better concentration.

The ADHASA National Office will soon have stocks of glyconutrients for children and they will probably arrive mid December. They're quite tasty and come in the form of chewy bears. Like all supplements they can take a week or two before you really start seeing results and so you might like to order your supply as soon as possible. To secure your product please contact Lynne at National Office 011-888-7655 (and leave a message) so they can be sent to you as soon as they arrive. We will be replying to telephone messages during the holidays.

To learn more about the impact of glyconutrients – read our next edition of Keeping up with ADD.



SELECTING A REMEDIAL SCHOOL

Being advised to move their child into a remedial environment is very unsettling for parents. In addition, they may also have to find nutritional and other supportive elements for him.

We are often asked what they should look at when selecting a remedial school. ADHASA offers advice and support and encourages you over this difficult time. Once your child has settled into the remedial school, you will begin to see him / her flourish in the environment that is both supportive of their needs and structured to help them realise their full potential.

Be careful to choose the right school for your particular child. The convenience factor of a school around the corner can be outweighed by the stress of an ill fit between child and school. As parents we require knowledge, perseverance and energy to make informed choices about our child's education. We encourage you to gather information, research and evaluate your options and you will be better equipped to select a school from the options you have available.

Your first priority is to have your child tested as to whether he needs a remedial or mainstream school.

We all want to give our children the best opportunities that are available, but it pays to remember that whatever school we choose, or however limited our options are by finances, convenience or locality, the greatest influence on the final outcome will be the home and family. If the cost of an elite education includes severely stressed parents who are run off their feet trying to earn enough to cover school fees, your child is probably going to feel too stressed himself to benefit from the school you have selected for him.

There are also practical aspects to consider. How much involvement would you want in school related activities? Some schools expect a high level of parent involvement, others less. What about location and the proximity of public transport? Is car pooling an option? Is aftercare a requirement?



This edition of "Keeping up with ADD" kindly put together for us by Lorí Lea; Executive, Life & ADD Coach 082-787-0262 ~ www.MindFocus.co.za

Happy New Year!

ADHASA & Mind Focus wish all a Happy 2008, may all your dreams come true!

Compile a checklist of features which are important to you and your child. Then think about the questions you need to ask to gain the information you need.

Individual care. Is there a commitment to assess and cater for the individual needs of each student? How is this achieved? 🍀

Discipline and behaviour. Are school rules clearly specified and communicated to children and parents alike? Ask for a copy of the school's discipline policy. How does it discourage inappropriate behaviour and reinforce good behaviour?

Class sizes and structure. What are the maximum class sizes? Does this vary with the subject? On what basis are the students grouped within classes?

Physical facilities. What facilities are available for specialised subjects such as music, computing, art, science and technology studies? What musical instruments are available to students and are there extra charges involved? How up-to-date are the materials in the library and what are library access policies? How much playground space is there and how is it used? What sporting facilities are available?

Teachers. Are the teachers the kind of role models you want for your child? In general, do teacher-student relationships seem comfortable and relaxed? What is the staff turnover rate? Do the teachers spend extra time with students in such activities as sports coaching? Do they seem to have high expectations of themselves and their students?

Extra-curricular activities. What activities are available to students outside the normal curriculum?

What clubs are there? Is there a program of camps and school trips? Are they compulsory and what costs are involved?

Homework. How much and what kind is expected at the various year levels?

Parent participation. In what ways are parents involved in making decisions about school policies? Is there a parent association? What does it do? What kind of parental involvement does the school expect? Are parents invited to participate in classroom activities?



Above all, include your child in the decision making process. Listen to any concerns children express and acknowledge their feelings. Then, when you have chosen a school and enrolled your child, celebrate together to give a positive start to the new direction to both your lives.

HOLIDAY TIPS TO MAKE IT WORK FOR YOU AND YOUR FAMILY

Quote of the Day:

"The most important thing in any relationship is not what you get but what you give." - Eleanor Roosevelt.

Ahhh, the holidays - happiness, warmth, family togetherness, peace, joy? That is the goal, but try matching that with the reality of holidays with an AD/HD child.

The holidays can be especially taxing

for your child. There are too many sweets, broken routines and over-stimulation, disarray and excess at every turn of the bend. This can make the holidays especially taxing on the parents.

Today marks the final countdown to Christmas, with less than a month to go. There is much to do, not enough time and children are bursting with anticipation.

Below are a number of quick holiday tips to help take the edge off holiday stress and chaos. Use these holiday AD/HD help tips to better your chances of surviving well and enjoying this holiday season!

Tip #1: Set realistic goals for this holiday.

This holiday season is not going to be your "Best Christmas Ever." In fact, it won't elevate to that status until a few years has passed! Take plenty of pictures so that you can remember this "Best Christmas Ever" when it becomes just that.



Tip #2: Prioritize the "To Do" list.

Make a list of everything that still needs to be done and prioritize the most important. Start with the most important and work your way down the list.



Wrapping presents is high on the list, so do that now instead of waiting until the wee hours of Christmas Eve. What is not done by the morning of December 24, will not be done.



Place taking care of yourself as a high priority on that list. An overtired and stressed parent produces anxiety in the household. Getting enough sleep, watching your diet, taking time to exercise and spending a few extra minutes in a warm shower or bath will make for a more calm household, which will in turn take stress off your ADHD child.

Tip #3: Avoid last-minute shopping trips with your AD/HD child, if possible. Crowded malls with harried shoppers can tax even the most patient of adults. It can be disastrous for your child. If you must take him along, get in and get out as quickly as possible. Go over the expected rules before you find your parking space and have a reward established beforehand to encourage cooperation and suitable behaviour. Think about buying gift cards, which you can order online, for the people for whom you still need to buy presents.

Tip #4: Stick as close to your regular routine as possible. AD/HD children thrive on schedules and routines. December is not a month known for schedules and routines. That said, make an extra effort to tuck your child in at the

same time every night. Make sure meals are eaten at the same time. Avoid last-minute changes that could knock your child off kilter. Routine changes are inevitable in December. To help him adjust to this flurry of extra activities, write down a holiday schedule for your child that includes school parties, family get-togethers and any other activities outside the normal routine. On this schedule, remember to write in family time.

Tip #5: Involve your child in preparations. Allow for plenty of time for your AD/HD children to share their thoughts and feelings with you, as well as just 'hang out' with you everyday. If they know they will have special time with you, they will be less inclined to tell you every thought as it comes to them, or try to compete with their siblings in order to receive your attention.

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

To all our Christian friends,



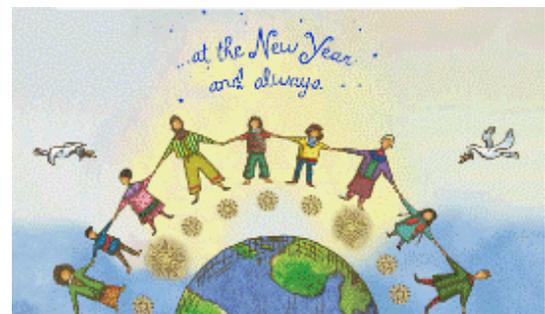
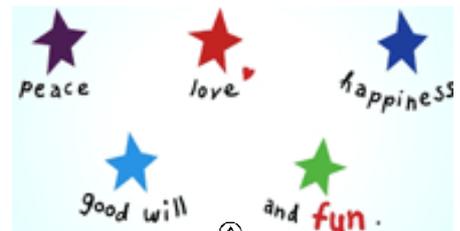
To our Jewish friends,



And a wonderful New Year to all our Muslim friends – hope everyone had a joyous EID!



May it be a Peaceful, Happy and Joyous Festive Season For All Our Readers



Peace on Earth

~ Peace ~ Paix ~ Shanti ~ Paz ~ Shalom ~ Goodwill toward everyone.

