

Accept - don't reject

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

**ADHASA**

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**

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# Keeping up with ADD

June-August 2007

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Company not for gain

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

**Hi members!**

If you think we'd forgotten you (after all, this is an ADD Group!) no such luck! We've had a lot of activity behind the scenes that has swamped our resources to keep things afloat. There have been a number of positive initiatives that have arisen, one being a volunteer to write the monthly e-zine so you'll hear from us on a regular basis!

So, what have we been up to? We brought key committee members together to create a marketing strategy. This has proven to be very valuable, as it highlighted a few areas

we need to work on – one of them being our volunteer programme. Before we get ahead of ourselves, what are the key elements of the marketing strategy I hear you ask?

Our mission statement is to raise awareness and provide information and understanding through holistic, practical support to those affected by ADD/ADHD. This has been done over the years across a number of tools – our newsletters, website and annual conference. Sadly, due to lack of resources, this can be sporadic and not present a consistent

regular face to the community at large.

The key objectives we identified for the support group are:

- Identify key areas where support is required
- Enhance our support structure
- Leverage relationships with our suppliers
- Inform and educate target groups – including teachers and doctors

Whilst these look relatively simple on the outside, understand this all takes time, money and volunteers.

*Zivana*

## MANAGING THAT HOMEWORK!

First term nerves and settling in are over. Holidays are either complete (public schools) or just about to be finished (private) and yes – it's back to homework time! Homework is an extremely complicated task that requires a tremendous amount of

planning and organisation in order to be completed



successfully. Parents and teachers are often unaware of this fact and think that the child has been set a simple task. They then can't understand why the child can't do it and often end up fighting with or punishing the child when it is not done.

## How complicated is homework?

Homework involves the following steps:

- ♣ Realising that a task has been given;
- ♣ Understanding the task;
- ♣ Recording the task accurately;
- ♣ Understanding how to perform the task correctly;
- ♣ Checking that you have the correct books and materials to complete the task;
- ♣ Arriving at home with the books and materials;
- ♣ Beginning the task;
- ♣ Completing the task;
- ♣ Checking that the work is neat and accurate;
- ♣ Putting the completed work in a safe place to return the next day;
- ♣ Taking the completed work back to school;
- ♣ Arriving in class with the completed work; and
- ♣ Handing the work in on time. (John F Taylor, Ph.D)

## How to get organised for homework

1. Have a specific place where homework gets done everyday. This must not be the kitchen or dining table. The best place is usually the child's bedroom.
2. Ensure that the room is quiet and distraction free. Keep other siblings out of

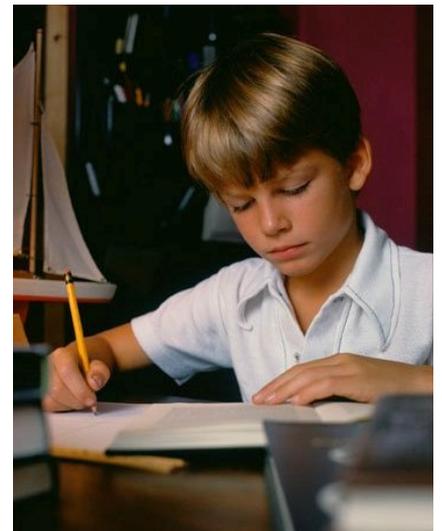


Homework on the floor not such a good idea

3. Have a desk, preferably with two or three drawers for the child to work at. A bed is not a suitable place to do homework! Stock the top drawer with a spare set of stationery and keep blank paper (white and coloured) in the second drawer. If you have a third drawer then this is a good place to keep things such as dictionaries and atlases.
4. Keep the desk free of any distractions. This includes things such as ornaments, photographs, extra stationery, etc. Also no television on during homework time.
5. Frame the child's actual working area.
6. Have a set time to do homework. This does not have to be the same time everyday but every Monday should be at the same time, every Tuesday, etc. Use a weekly planner to organise this.

(These will change each term as the extramural activities change.)

7. Have a work before play rule but allow the child to have a break after school before starting homework.
8. Have breaks during the homework session (i.e. work smart not long.) Encourage children to get something to drink, go to the toilet or check their cell phone messages during the break rather than getting up every five minutes. You can use a stopwatch or timer to time work sessions and breaks if necessary.



9. Segment tasks (i.e. break them up into smaller more manageable bits). It is better for a child to do a small amount of work well rather than lots badly. If a child has ten sums for Maths for example, it is better to let the child do five sums and then one or two other tasks before having a break and then after the break he/she can complete the other five sums.
10. Stagger tasks (i.e. let the child categorise the work as fun or boring, easy or difficult and then

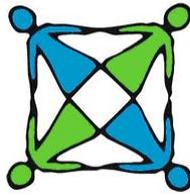
alternate between doing something fun/easy and boring/difficult). Always start the homework session with something that is fun or easy. If you start with something difficult, the child may become bogged down in the task and this will make him/her cross or grumpy and he/she will not feel like doing anything else. If they start with something fun or easy and they finish it quickly, they will be more motivated to continue with the next task.

11. Have irregular check-ins. Pop past the child's room and check that they are still on task.
12. Always make sure that the child understands the work. You cannot complete a task or learn something if you do not understand it. It also helps if the child can see the relevance of the task to their daily lives.

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](http://www.MindFocus.co.za)



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



## 2007 AD/HD CONFERENCE

Our 14th annual conference will be held on **8 and 9 September 2007** and is entitled "Guiding you along the AD/HD Journey".

Once again, we will be hosting the conference in collaboration with the Wits University School of Education.

We have designed the conference to meet the needs of parents, teachers and therapists of children with AD/HD. Topics include recognising symptoms, diet and supplementation, effective ways of discipline and the impact it has on family life. Adult ADD is becoming more recognized and we will cover this area as well.

Did you know that recent research shows that the quality of life for people with AD/HD is 4x worse than that of asthma sufferers?! Have a look at our website [www.adhasa.co.za](http://www.adhasa.co.za) for the registration form.

To secure your seat  
 contact Lynne  
 at 011-888-7655



## JOIN US AS A VOLUNTEER!

As you saw on our front page, we have ideas and ambitions to take the support group further in reaching more people and educating them on various aspects of ADHD. This takes time and most importantly – people! We appeal to you, our membership to let us know anyone who is



interested in being a volunteer. We will provide you with training for ADHASA that you can comfortably join our

team. If you feel your skills may not be what we require – rather call Lynne at our National Office to discuss it with her first. We require skills across many areas – administrative, counseling, fundraising etc so don't think that you aren't able to help! We are urgently looking for more people to assist us in the Gauteng Region (and soon we'll be approaching the Durban and Cape Town regions). Lynne can be reached on **011 888 7655** or send an e-Mail to [adhasa@telkomsa.net](mailto:adhasa@telkomsa.net).

