



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

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OR LYNNE

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Keeping up with ADD

**September-October
2007**

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

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

From Heather's Desk...

Hi all!

Just 2 months left of 2007 and so much to complete before the Christmas holidays arrive! We've had a busy time at ADHASA, most notably was our annual conference held on 8-9 September.

Our branch revitalisation programme continues. Our National Office has contacted our major branches, as well as the smaller support branches

that exist through South Africa. In total, we have representation across 30 sites across the country. National Office supports these branches to ensure that information and consulting is made available to you. Services offered include telephonic support, local therapist information, nutritional guidelines, the ADHASA foodlist and consulting services. Should you wish to contact the branch office closest to you, contact our National Office on (011) 888 7655 and they can provide you with the

relevant details.

We have finalised the training programme for our volunteers. We appreciate all those who have approached us, and are looking for further candidates in this area. There are a number of areas where we require assistance – administration, marketing and consulting. Speak to Lynne at our National Office and she can talk you through the current positions we have available.

Zivana

**MUSIC WORKSHOP –
20th OCTOBER 2007**

Whilst the benefits of music have been researched and well documented – how does it assist the AD/HD person? Join us for a workshop where you can learn how music, stimulation and movement can develop a child neurologically and develop the vestibular system. The talk will be held on 20th October 2007 at 10h00 at the Sportron Building in Bryanston. Whilst entrance is free, we would appreciate a donation of R50. All are welcome to join us.

Booking is essential and to do so, contact the ADHASA office on (011) 888 7655 mornings or email us on adhasa@telkomsa.net.



**2007 ANNUAL
CONFERENCE NEWS**

Thanks also to all who attended our conference this year. We had nearly 250 people attend the conference over the 2 day period. Aimed at teachers, parents and therapists, the topic "Guiding you through the AD/HD journey" was well received. We had a changed format this year, hosting the conference over 2 consecutive days and removing the breakaway sessions. The new format was overall well received and we appreciated the feedback we received and



Elaine Fuschiardi and Heather Picton. Elaine has compiled an ADHASA volunteer training manual.

will factor those into account when planning next year's conference. Prof Mary Metcalfe, Head of the School of Education at the University of the Witwatersrand, opened the conference and emphasised the importance of maintaining the self esteem of children. She also commented that she was pleased to be associated with such an active group as ADHASA. The conference brought together South Africa's top specialists and experts on



Lorí Lea and Johan Erasmus

AD/HD. Topics discussed included adult AD/HD, medical diagnosis, the role that enzymes play in one's diet, bullying and why essential fatty acids are critical for the cellular structure of an AD/HD person.



The ever popular Jane Jarvis showed how board and other children's games can be valuable learning experiences (academic, social and emotional) for children.

Mary Hyam had a treasure of practical classroom techniques for helping all children in the classroom, holding their attention and optimising behaviour.



Terry Wilke

Terry Wilke spoke at the end of the day and his compassion combined with humour kept everyone absorbed as they learned

more about disciplining children at school. Margie Barry presented the results of her research project on social skills of children with AD/HD.

We thank the following for their support and assistance with our Conference and who made it all possible: Chemical Services Ltd for sponsorship of delegates, SAIDA (South African Inherited Disorders



Jabulani Kumalo and Elizabeth Masike

Association) for sponsorship of delegates, Inspectorate M & L (Roy Cox) for photocopying, Elizabeth Bosman for artwork, Charmaine Antalis for website, Blairgowrie Spar, Pacmar for Wilde Fruit Juices, Delta Park School, Walton Stationery (Strijdom Park), Jetline Printers, Wits Sports Admin (Rafik Fridi), Mustards Catering (Nick Leith) and the Speakers.

Thank you to the volunteers who gave so freely of their time and expertise, and also our husbands and families for their valuable assistance and enabling us to present this Conference. We also thank our Board of Directors for their ongoing support. If you didn't manage to buy supplements or books at the conference, they are available at our office (which we have refurbished) weekdays from 8am to 1pm.



Helen McBride and Lynne Visagie. Helen traveled from Malawi to attend the ADHASA Seminar.

Should you wish to receive a copy of the speaker notes from the conference, you are welcome to contact the ADHASA National Office on (011) 888 7655 or adhasa@telkomsa.net.



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!

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

AD/HD Management Strategies for Children

BEHAVIOUR	
Create a stable environment and routines .	The more consistent your home and your demands on your child the more likely they will be able to meet expectations.
Plan a variety of different activities	Avoid boredom.
Teach your child what AD/HD is and what it is not	It is not an excuse; it does not make them bad or lazy.
Encourage your child to release extra energy	By allowing them to move in a safe environment they are less likely to hurt themselves or be disruptive.
Get their attention	Before asking your child to do something make sure they are hearing you.
Promote their strengths	School might not be their strength – let them explore art, sports, music etc.
SCHOOL	
Break up large tasks	Teach your child to recognize the various steps involved in each task they do. The total task won't seem as overwhelming.
Colour code notebooks	Each subject can be its own colour.
For young children use one folder	Things that go home keep on the left & things that go to school on the right.
Give them breaks during their homework	Have them work for a pre-set amount of time & then take a break for a pre-set amount of time.
Homework time should be consistent .	Establish a routine – your child will never like homework but will at least know the rules around it.
Movement	Allow them to move or stand while doing their homework, or doodle while they are reading.
Promote & nourish your child's strengths rather than trying to improve their weaknesses	They may not be a great writer but they can tell a great story – let them talk into a tape recorder.
ORGANISATION	
Use colour!	Make it sparkle & fun! Associate colours with activities.
Label bins/shelves/drawers	It is much easier to find things and put them away with labels (pictures for younger children). It is also harder to put things away incorrectly.
Let them help you figure out where things belong	By involving them in planning & putting away they will own the system and be better able to follow it.
Model behaviour	Don't just tell them where something goes or how to break up a task— show them!
Keep a calendar	Record school information and extra-curricula activities.