

Keeping up with ADD

Accept—don't reject
Greetings
from the
Attention Deficit
& Hyperactivity
Support Group of
Southern Africa

ADHASA

Helping the community
for 19 years!

This article
targets people
with ADHD and
the information
could help other
people too.

Please make
this newsletter
available to any-
one who could
use it.

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ADHASA CLOSES
5TH DECEMBER 08

RE-OPENS
WEDNESDAY 14TH
JAN 2009

E-MAILS WILL BE
RESPONDED TO
ASAP.

Sept-October 2008

PO Box 3704
Randburg
2125



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Tel: (011) 888-7655
Fax: 086-604-7124

E-mail: adhasa@telkomsa.net

www.adhasa.co.za

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Office hours:
Weekday mornings
09h00 to 13h00
ADHASA National Office
Delta Park School, Blairgowrie
Phone: (011) 888-7655

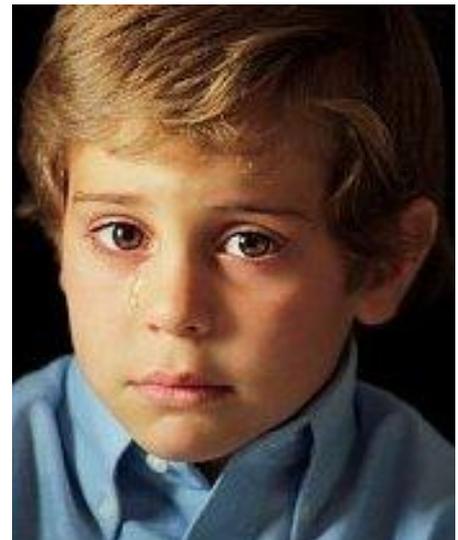
SCHOOL FIRST DAY JITTERS

Q: I still remember my first day at school, sobbing as my mother left weeping. My son starts school next year, how can I make it less stressful for both of us?

A: Your child's first day at school is a big milestone for you both. Your attitude before and on the day is crucial. You'll feel more confident if you know your son can dress, go to the toilet, use a tissue and eat and drink without help; and ask an adult for assistance if necessary. Here are some other handy ideas:

- ♣ Have at least one practice run getting dressed for school. (Keep it fun!)
- ♣ Buy school shoes early and encourage him to wear them in.
- ♣ Put his name on his belongings.
- ♣ Pack a school lunch a few times for him to eat at home. Hint: plastic wrap can be hard to open.
- ♣ Visit the school with him several times beforehand and show him a classroom, the sorts of activities he'll be doing, the playground and the toilets.
- ♣ Tell him what to expect on school days, particularly how he'll be dropped off and picked up.
- ♣ Arrange "play dates" for your son with other children starting at the same school.
- ♣ Have your son stay over with family or friends occasionally to reduce separation anxiety.

- ♣ Read some books together about children starting school successfully.
- ♣ Relax in the last week before school - it's important you and your son face his first day rested.
- ♣ Set the alarm as if it's a school day for a week beforehand.
- ♣ Pop a familiar toy in his bag if he needs it.
- ♣ If he seems teary on the day, tell him you'll miss him, but that you'll visit grandma or shop for ice-cream when school finishes.
- ♣ Leave him with the teacher and make a clean exit. It's vital not to sneak off - allow him to say goodbye to you properly.



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

- ♣ During this first week, spend time with your child after school to value his new experiences.
- ♣ He may be extra tired in the evenings and go to sleep early for the first few weeks.

Finally, don't be surprised if your son says 'Bye Mum' and skips off. If he does, you can always have a good cry at home!

by Dr Rosie King from:
Hyperactivities- Newsletter of the
Hyperactivity Attention Deficit
Association (NSW) Inc -Nov/Dec 2007



READY-FOR-SCHOOL CHECKLIST

This checklist, although not exhaustive, can help to guide you in preparing your child for school. It's best to look at the items included as goals toward which to aim. They should be done, as much as possible, through everyday life or by fun activities you've planned with your child. If your child lags behind in some areas, don't worry. Remember that all children are unique. They grow and develop at different rates - and no one thing guarantees that a child is ready for school.

GOOD HEALTH AND PHYSICAL WELL-BEING

My child:

- ♣ Eats a balanced diet.
- ♣ Receives regular medical and dental care and has had all the necessary immunizations. Gets plenty of rest.
- ♣ Runs, jumps, plays outdoors, and does other activities that help develop large muscles and provide exercise.
- ♣ Works puzzles, scribbles, colours, paints, and does other activities that help develop small muscles.

SOCIAL AND EMOTIONAL PREPARATION

My child:

- ♣ Is learning to be confident enough to explore and try new things.
- ♣ Helps with family chores.



♣ Is learning to work well alone and to do many tasks for himself.

♣ Has many opportunities to be with other children and is learning to cooperate with them. Is curious and is motivated to learn.

- ♣ Is learning to finish tasks (for example, picks up own toys).
- ♣ Is learning to use self-control.
- ♣ Can follow simple instructions.

LANGUAGE AND GENERAL KNOWLEDGE

My child:

- ♣ Has many opportunities to play. Is read to every day.
- ♣ Has access to books and other reading materials.
- ♣ Has his television viewing monitored by an adult.
- ♣ Is encouraged to ask questions.
- ♣ Is encouraged to solve problems.
- ♣ Has opportunities to notice similarities and differences.
- ♣ Is encouraged to sort and classify things (for example, by looking for red cars on the highway).
- ♣ Is learning to write his name and address.
- ♣ Is learning to count and plays counting games. Is learning to identify shapes and colours.
- ♣ Has opportunities to draw, listen to and make music, and to dance.
- ♣ Has opportunities to get firsthand experiences to do things in the world --to see and touch objects, hear new sounds, smell and taste foods, and watch things move.



Above from book, titled:

"Helping Your Child Get Ready for School with activities for children from birth through age 5"

By Nancy Paulu
edited by Wilma P. Greene

DVD Available

For those people who were unable to attend the two-day ADHASA Annual Seminar in September 2008, there are some very good DVDs available for purchase. Please phone our office on (011) 888 7655 (mornings) or email adhasa@elkomsa.net for orders and queries. This would make a wonderful Festive Season present!

ADHASA has been busy lately! We were kindly offered to man a stand, at no cost to ADHASA, at the Baba Indaba held at the Sandton Convention Centre from 24-26 Oct 2008. Plenty of interest was shown by visitors & exhibitors

alike - it was a wonderful exposure for us. This particular exhibition was awarded the EXSA Exhibition of the Year for 2008 & we



A are very grateful to all concerned D for the opportunity to part of this H appointed attractive stand!

A A big thank you to Terry Wilke for having ADHASA exhibiting at a S table at the Psychologists' Seminar A held at Crawford College, Sandton.

Jane Jarvis gave interesting advice to parents at a talk on a Saturday morning in October at the Sportron Building (thank you Sportron) on 'Studying for Tests' which was well attended and applauded.

N Heather Picton was invited to give E a talk on healthy eating at Maritz W Brothers School in Linmeyer, S Johannesburg, they were listening!

FORTHCOMING EVENTS:

Elizabeth Masike & Annamarie Monamodie of the ADHASA Soweto Branch will be exhibiting at an Early Childhood Development Conference in Erkhuleni on 3rd, 4th, & 5th December 2008.

The provisional date of the next ADHASA Branch Coordinators' Conference is Saturday 21 February 2009. We hope many branches will be able to attend.

WE WOULD LIKE TO WISH EVERYONE A HAPPY HOLIDAY AND THANK YOU TO ALL INVOLVED IN MAKING OUR YEAR A SUCCESS!