

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 avail-
able to anyone who
could use it.

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ISSUE:**

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help develop
children's skills 1
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Terminology may cause
confusion.
ADHD is the term we
use to denote
Attention Deficit
Disorder *with or
without hyperactivity.*

**Volunteers Needed
to counsel and help
children and adults
who are battling with
their ADD/ADHD.**

**Phone Sandy on above
tel. no. if you can help.**

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"unsubscribe" in the subject.

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Keeping up with ADD

Playing Games & Adult ADD

Games develop skills

Give your child a head start for school with fun and games to help coordination.






Allow your child to help sort out cutlery, buttons and other objects to learn about similarities and colours. Jigsaws and blocks are good for learning about shapes and colours. Or try matching lids to different size kitchen containers. Children can become more body-conscious by tracing around a hand, an arm and then drawing the whole body. Encourage them to colour in the face and clothing details.

Play hand and body **games, such as "Simon says", naming parts of the** body.

Water games are fun in summer. Pouring water from one container to another helps coordination. Walking games, such as negotiating an obstacle course, build up body skills.

Try placing objects on the floor and have races weaving between them. Foster fine muscle-coordination by playing with modelling clay, play dough or pipe cleaners, even clothes pegs. Group games such as ball throwing and skipping help develop social as well as physical skills. Copy rhythms of favourite nursery rhymes, beating out the beats with sticks or clapping hands.

Teach your child to count things for  example,  roadside posts, cars, clock chimes, bounces of a ball 

With thanks to   **ADDSUP (Tas) Inc.** 

Adult ADD

It was fifteen years ago, but seems like yesterday, that I was at a meeting of medical doctors who were all very pleased with progress that had been made in treating children with ADHD. **I didn't really belong there, but then I've**

been invited to many interesting places which have all been part of my learning curve. When I commented that there was little help for adults with ADHD, and wanted to know what could be done for them, there were not many answers.



We regularly had adults asking us for advice. They were learning about the ADHD of their children but they still **didn't know what to do** for themselves.

At that time Ritalin was the only stimulant medication available for children with ADHD. We then realized that adults were experimenting on themselves: A father in Johannesburg tried one of his son's tablets and said he had the best day ever. He was organized and on time in a way that had never happened before. A mother in Natal gave it to her very ADHD husband and declared that her marriage had improved dramatically.

There was not much info about adult ADHD available but we were still able to provide a service. We helped people understand their challenges far better; they realized that they were not alone, and that their difficulties were shared by many others. Someone in their fifties was nearly in tears when he realized that he **wasn't just imagining** it all. A woman in her early thirties who had struggled to pull things together, or even to read, went on to become a remedial therapist.

In due course the medical world started to focus on ADHD in adults. For many it was life changing and they could get on with their lives. But for others it was not right or not enough. Over the past decade there has been much progress and amongst others psychologists, nutritionists, coaches are making huge contributions to the field. Common areas of difficulty include employment, marriage and parenting - these demand large parts of **anyone's life. I've not yet**

forgotten the almost tangible pain in a meeting of ADHD adults where several commented that they lived alone because it was the only way to prevent always being in trouble. The **answer when asked: "Don't you get lonely?"** was **"Yes, but you get used to it."** Others commented that they **can't keep a job for very long.**

I've often heard about the curse of ADHD and it's understandable when you're not coping and the world is imploding on you. But it can be a huge gift if you recognise your strengths and build on them. (Know your areas of weakness and try to improve them too).

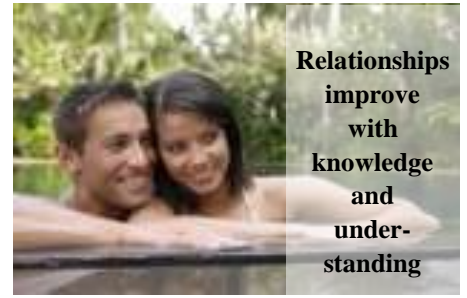
ADHD has changed our world - try doing an internet search to find just how many of the great people, past and present, had or have ADHD.

A man in his early fifties was nearly in tears when he realized that he wasn't just imagining it all.

We would also like to direct you to areas where you can find further information. If you have children, start off by making sure you learn about their condition and in the process you will gain far better understanding of both them and yourself. Go to your local bookstore or better still (if you are in Johannesburg) come to the ADHASA library. There are

excellent books on the subject, including some by Hallowell and Ratey. Try to recognise the ADHD characters in movies - get hold of **the DVD "In Her Shoes"** and decide which sister was affected. Note the improvements when people treated her differently.

Come to the ADHASA Adult Seminar on 23 May and bring your partner! Our seminars have often been major events for people in relationships in which one or both parties are **affected. Terry Wilke's presentation Mars vs Venus - Living and Loving with an ADHD Partner says it all. Resilience helps and that's another topic. Once we're into Designing a Successful Career life can become**



far more comfortable. All these insights will even help support more fun-filled parenting. If you would like to know about other speakers and topics, please see the attached programme. At R350 (including refreshments and lunch) **it's a gift and you will be attending, won't you?**

Heather Picton

The following supplements have been endorsed by ADHASA:



Calmolin ADD
"a supplement for over active and inattentive children"



Creche Guard
Brain Fuel
"Omega-3 Chews"



We thank
ADDvance for their generous sponsorship
of our Food List.

We thank Lorí Lea (072-606-3080) of Mind Focus Coaching Change for this edition of Keeping Up with ADD. **Contact Lorí for "ADHD Group Support and Coaching" via Skype.**

