



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

**ADHASA**

Helping the community  
for  years!

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

Please make  
this newsletter  
available to anyone  
who could use it.

### INSIDE THIS ISSUE:

- Building Self Esteem . 1
- Endorsements and  
Sponsorship ..... 2
- ADHASA Happenings . 2

Terminology may cause  
confusion.  
ADHD is the term we  
use to denote  
Attention Deficit  
Disorder *with or  
without hyperactivity.*

**Volunteers needed  
for Fundraising,  
Marketing or help  
with arranging  
Seminars.  
Phone Sandy on  
(011) 888-7655  
if you can help.**

# Keeping up with ADD

May—June 2009

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## BUILDING SELF ESTEEM

It has been said that a good self esteem can be even more important than academic success. To build self esteem of our children, the following are important:

**Security** - Children need lots of cuddles, emotional warmth and trust. To nurture a sense of self-confidence, parents have to provide a safe interesting environment.

**Individuation** - Children need to define themselves in relationship to the world and others. A child begins **saying ‘NO’ as a way of saying ‘I AM ME.’** Saying ‘NO’ gives the child a sense of power and choices. Parents need to give children time and room to experiment with problems so allow them to make choices.

Parents need to communicate rules and limits as well as approval, and sometimes they need to back down from independent actions and choices made by the child. It is good for children to be curious - cherish their curiosity.

**Structure** - For children to develop within socially acceptable limits they need to explore and regulate their skills and feelings. To a large extent this is done by trial and error and they need wide experiences to be able to do so.

**Response** - For children, any response gives some meaning to their exploration **and feelings. If they don't** get positive attention, then negative attention is better than none (which sometimes **explains ‘naughty’** behaviour). Parents must give attention to manage **both the child's internal and external experiences.**



Parents expectations which are clear and appropriate with limits firmly set provide a dependable and effective structure for **children's individual experiences.**



**Realistic expectation** - If standards are too high or **too low the child's self** respect can be damaged. Check each expectation for fairness.

**Empathy** - Empathy is the kind of understanding that is craved by everyone, especially children. They need to know that it is acceptable to feel sad, happy, worried, angry etc. **Understanding a child's** world and the meaning behind their body language, offering comfort, listening and acknowledging their experience affirms the **child's feelings.**

SELF ESTEEM:  
THINGS TO REMEMBER

- ♣ **They won't do the job** as well as you, but they feel better if they try.
- ♣ Children worry about you as much as you worry about them.

- ♣ Give your child choices - it helps them make decisions. (The extent of the choice depends upon the age of the child - for example a small child should only be required to choose one of two options).
- ♣ **Respect your child's thoughts and feelings.**
- ♣ Adults have their own thoughts and feelings about issues. So do children.
- ♣ When you ask your child to do a **job, make sure it's a job that they can do.**
- ♣ Make more positive than negative **comments on your child's** behaviour. It helps them to feel good about themselves.
- ♣ Children are people, not property.
- ♣ All children need help to learn. Show them what to do rather than tell them what to do.
- ♣ Children need rules/guidelines to make them feel safe and loved.
- ♣ Everyone needs their own space - including children.
- ♣ Children should not be expected to have better manners than adults around them.
- ♣ **You can't make children do things** but you can encourage them to try.
- ♣ Children need to be listened to.
- ♣ **Children need to know it's alright** to make mistakes - **it's all a part of learning.**

With thanks to HyperActivities 186 (New South Wales)

*Ed Comments: I know - you're thinking "That's OK for ordinary children but impossible for mine. I'm dealing with ADHD and I'm in survival mode!" Even if you are in that situation, you'll find that as you work on giving your children love and building their esteem - and your own - things can become far easier. This doesn't mean every challenge disappears but can become easier to work through. A happy, secure child usually does his best to please his parents.*

A different approach  
My grandchild had drunk very little liquid the whole day and so I mentioned this to my daughter-in-law.



Taking a cup of diluted juice she squatted down on her haunches and explained to Daniela (now 2yrs 4 months) that a little sip was only a taster and she should take just a little sip to see how much that was. After Daniela had the little sip her mum explained that a medium sip was a bit more. She suggested that Daniela should take a medium sip so that she knew what that was. The discussion about small, medium and large sips eventually had Daniela drinking all she needed in a pleasant learning atmosphere.



The following supplements have been endorsed by ADHASA:



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

**ADHASA HAPPENINGS:**

Our hectic celebratory schedule **steams ahead. We'd love you to join us**, so please note the following in your diary.

KZN Seminar (Durban) - 5 & 6 June - by popular demand Jane Jarvis will be running a workshop on the Friday. **She'll also be one of the speakers on the Saturday.** For bookings contact [support@adhasa.co.za](mailto:support@adhasa.co.za)

**Johannesburg Parents' Seminar** - 13th June 2009. Cost for full day and refreshments R375. Seating limited to 50 so please book early to **ensure there's still a place for you.** Contact Lynne at 011-888-7655 or [adhasa@telkomsa.net](mailto:adhasa@telkomsa.net)

The ADHASA Resource Book: Teaching and ADHD in South African Schools. **It's been five years in the making but it's just a few short months before you can**

get your copy. The publishers intend to have it available in time for the ADHD Awareness Day.

**ADHD Awareness Day 14 September**

Arranged by ADHASA and the Department of Health, this is the first official ADHD Awareness Day in S.A. Exciting things are being planned for the event and we hope that you will be a part of them.

This is a special time for us to increase awareness of the plight of people with ADHD - we want to disseminate information and solutions. We also want to help people understand that with the necessary support and help, people with ADHD become more able to recognise and use the gifts that may come with the condition. Several people have already volunteered to help - some focusing on adult ADD, others on the children. We especially need someone to approach companies or raise funds for the event.

Contact Heather at 011-886-7668.

Even if they are not part of ADHASA, we invite all schools and others who work with ADHD to do something to celebrate the day - after all together we can have a far greater impact.

Watch out for more information about 14 September - **we'll be sending it soon.**



**Laptop**

*With all these activities we are straining with just one computer. We need another and would prefer a laptop because it would take up less space in our very small office.*

*If you have a spare laptop, please donate it to ADHASA, it would help tremendously.*

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.**