



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 but this information could help other people too.

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

INSIDE THIS ISSUE:

- Raising Girls with ADHD - some helpful approaches . 1
- THANKS 2

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

LAPTOP HARD DRIVE STILL NEEDED FOR AN OLD COMPAC AMADA LAPTOP THAT WAS DONATED, UNLESS YOU CAN DONATE A LAPTOP. PHONE SANDY ON (011) 888-7655 IF YOU CAN HELP.

Keeping up with ADD

Sept - October 2009

Tel: (011) 888-7655

Fax: 086-604-7124

E-mail: adhasa@telkomsa.net

Company not for gain
93/03639/08

PO Box 3704
Randburg
2125

www.adhasa.co.za

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

Office hours:

Weekday mornings
09h00 to 13h00

ADHASA National Office

Delta Park School, Blairgowrie

Phone: (011) 888-7655

Raising Girls with ADHD - some helpful approaches



Just like adolescent boys with ADHD, these girls need structure and guidelines at home. While males with ADHD may behave in a very angry and rebellious fashion, for many girls their life is an emotional roller coaster. They may with-draw and become depressed if they feel over-whelmed and socially rejected at school. Highly hyperactive-impulsive girls may engage in constant, dramatic screaming battles at home where it feels much safer to release their fears and frustrations.



Practising music helps too

Helping them re-establish emotional equilibrium, especially in relation to hormonal fluctuations, is critical. For girls, more so than for many boys, home needs to become a

place to calm down and to refuel emotionally.

All too often however parents are drawn into tumultuous battles, rather than providing a much needed calming influence.

How can you help as a parent?

1. Teach your daughters to establish a "Quiet Zone" in their lives

Whether shy or withdrawn, or hyper and impulsive, girls with ADHD often feel emotionally overwhelmed. They need to learn stress management from an early age, and to understand that they need emotional 'time out' to regroup after an upset.



2. Try to minimize corrections and criticism

Too often parents, with the best of intentions, shower girls who have ADHD with corrections and criticisms:



- "Don't let them hurt your feelings like that"
- "You'd forget your head if it wasn't attached to your shoulders"
- "How do you expect to go to college with grades like that?"
- "If you just relaxed, dressed a little better ..."

Whether loud and rebellious, or shy and retiring, these girls typically suffer from low self-esteem.

Home should not be only an important place to refuel, it is



where confidence-
so frequently
eroded during
the day at
school - must
be rebuilt.



*multivitamin and mineral
preparation can go a long
way to assisting adolescent
girls with ADHD. (Boys
would benefit too).*

Our husbands and families for
their valuable assistance.
DVDs of the presentations can
be ordered so you too can
benefit from the info we
gained.

3. Help them look for ways to excel

Girls with ADHD typically feel
**that they are 'not good at
anything'**. Their
distractibility, impulsivity and
disorganization often result in
mediocre grades. Likewise,
**they often don't have the
persistence, the 'stick-to-it-
iveness' to develop skills and
talents** like many of their
friends. Helping girls with
ADHD find a skill or ability, and
then sincerely praising and
recognizing them for it, are
terrific positive boosts. Often
the life of an adolescent girl
with ADHD reaches a positive
turning point then she is lucky
enough to find an activity that
can raise her self-esteem.

3. Seek help if her PMS is severe

If PMS is severe
in adolescence
it should be
taken seriously,
and managed
carefully. You may need to
speak to her doctor.



Adapted from ADDSUP (Tas)
newsletter no 34.

*Editors Note: Essential Fatty
Acid (EFA) deficiencies have
been linked to both ADHD
and also to premenstrual
difficulties.
Supplementation of EFAs
combined with a good*

We thank the following for
their contributions to the
2009 Conference and Book
Launch:

- Chemical Services Ltd -
sponsorship of previously
disadvantaged delegates
- Messaging Software Solutions
(MSS) - sponsorship of
delegates
- Inspectorate M & L (Roy Cox) -
photocopying and stationery
- Spar Blairgowrie - delicious
refreshments
- Hydro Health - water and ice
teas
- Wits University School of
Education
- Fruit, Flower and Nut Shop
- Speakers and delegates
- Volunteers who gave so freely
of their time and expertise

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

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"



Awareness Day:

We thank EyeQ for sponsoring
**Graeme's appearance at the
Gauteng Awareness Day event.**



Thanks Lorí Lea (072-606-3080)
of Mind Focus Coaching Change
for this edition of
Keeping Up with ADD.

Contact Lorí if you would be
interested in joining the paid for
**"ADHD Group Support and
Coaching" via Skype.**

Alternatively, contact Lorí for a
complimentary coaching session
to see if you qualify for Coaching

Special for December 2009:
Everyone who commits to a full
one on one Coaching Course will
qualify for a support person
(usually spouse) to 3 hours free
coaching!

