



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

ADHASA

Helping the community
for  years!

Useful information
to help families with
ADHD, and others ...

Please send this
newsletter
to anyone who could
use it.

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*Please note that
ADHD refers to
Attention Deficit
Disorder with or
without hyperactivity.*

Keeping up with ADD

November - December 2010

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A Merry Christmas

Its Christmas, and hopefully a time of peace and joy for all. We have a few tips to help you over the festive season.

Overexcited
Children love the build up to Christmas, but some can't handle all that excitement. They may become extremely happy, extremely sad, more anxious, more argumentative, more aggressive, maybe more loving, more eager to please—often switching from one to the other in record fast time. Sometimes it's the adult who can't handle all the excitement, and that can be even more difficult.

If there is over-excitement in your home just cool things down a bit. Enjoy the run up to Christmas but have a more low key approach.

Share the workload
If the children are over excited and you're all stressed, life becomes far more complicated all round. The calmer you are, the calmer and better behaved your children will be.



Avoid having to do everything yourself—so if family and friends are joining you on the day, then arrange that they help, or bring their special dish to add to the feast.

Children occupied
While you're busily organising the day, why not organise someone to keep the children occupied. That in itself gives you extra time on the day.

Breakfast
This is probably the most important day for serving a good breakfast, especially if your children are going to have sweets and treats later on. I hear you saying:



What! I don't have time for that!
Trouble is that with all that excitement and the extra sugar, children with ADHD will probably have less control over themselves than at any other time. 

Keeping glucose levels constant can help so lets do so by giving them a breakfast with including protein. Boiled egg and toast, or even last night's leftovers.

Sweets and treats
The difficulty for parents is finding suitable treats at any time, let alone at Christmas. Here are a few different ideas for you:

Kees Beyers (Gauteng) have for many years made their chocolate Father



Kees Beyers Chocolates

Christmas which is okay for our children. Some Woolworths chocolates are also ok.

Checkers have Christmas shortbread sold in pale blue round tins (350g).

Katjes (gummy) sweets in different flavours.

Hubertos ice creams luxury range only—not the diabetic range.

Jennings fudge—only the creamy flavour (pale yellow label).

Jelly

At our request Nutritional Foods have prepared a delicious jelly powder for our children. Beta carotene is the colourant and the flavourant is nature identical, so it's ok. People love it!

Here's a real quick and easy recipe for those hot summer days—can be made in a mould.

Pineapple mousse—

Ingredients:

- A small tin of evaporated milk, chilled.
- 500g tin of crushed pineapple, drained (but keep both the syrup and the pineapple).
- 80g ADHASA orange jelly powder



Method:

Dissolve jelly in one cup of boiled pineapple juice. Whip chilled milk until stiff, Fold into cooled jelly mixture. Fold in crushed pineapple and turn into a bowl or mould. Put into the fridge to set. Delicious!



Comments:

* If you can't find crushed pineapple then use a tin of pineapple chunks and cut the fruit into small pieces. If you want to use fresh pineapple then make sure it's cooked first—otherwise the jelly won't set.

* If you don't have a cupful of pineapple syrup, then add water to get the right amount.

We have just a few 500g packets of jelly (R30), so claim yours now! Complete the order form on the website and fax to Lynne 086-604-7124



Wanting more ideas?

Have a look at the ADHASA food list—it contains thousands of products most of which are available at your local supermarket.

We're busily revamping the food list to include products for both the first and second stage in one booklet.

ADHASA NEWS

If you find a product that you think is amazing and should be on the food list, please let me know about it. I look forward to hearing from you.

Heather



Strengthening foundations of ADHASA

For ADHASA it's been another very busy and successful year in which we reaffirmed the foundation upon which the support group was founded. Healthy eating and supplementation (EFAs and other) remains important for children and adults with ADHD, and to that we have added the value of exercise, stress reduction, the support of friends, family and seeing the positives that come with the condition.

It's also important to see how school, home and all other aspects of the environment affect children with ADHD, and how they in turn respond to the environment around them. In other words we should try to see the bigger picture.

This approach has been reflected in all our activities, including our seminars and conferences.



Conference

Delegates commented that our annual conference for teachers was the best we'd ever held! Dr Hein Badenhorst was the star of the show with his presentation entitled "10 steps before taking Ritalin". He stated that there is a role for medication but there is a lot more that can be done to help these children before commencing the drug route. Genetic and environmental factors should also be considered. A summary of his presentation will be put on our website. It is also available on CD and DVD.

ADHD Coach Lorí Lea wishes all ADHD people, families and friends a joyful and happy 2011!

Contact Lorí (072-606-3080/ Lori@MindFocus.co.za), if you are serious about coaching.

Instant ADD Success

(click for "Self Improvement for People with ADD/ADHD.")



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



The following supplement has been endorsed by ADHASA:

Creche Guard Brain Fuel "Omega-3 Chews"



Awareness Day Essay Competition Essay titles are designed to help children with ADHD recognise the positives hidden in their symptoms, often in those that cause them the most upheaval ... and we believe we have been successful. The ADHD Awareness Day essays once again amazed us with the deep insights of these children, their appreciation and their tremendous creativity.

The following are excerpts from essays submitted:

11 year old Cuan's "ADD Superkid":

"You are wrong Raku, ADD is not my weakness, it is my blessing! It has saved my life – and gave me the ability to save others from you!"

12 year old Genique Berning "Bou my toekomst op die positiewe van ADHD"

"Mense met ADHD is dikwels baie 'skerp' en het net iemand nodig om hulle talente af te stof. Dan trek ons weg met groot spoed..."

16 year old Felismina in her essay "Building my future on the positives of ADHD"

"To my absolute amazement I read the names, on a list, of famous people who are so-called, handicapped as I am. Wow! There's no stopping me now ... with my loads of energy, sense of humour, original thinking, perseverance and last but not least, my courage ...I know, without any doubts that I can and will succeed far, far beyond all my sceptics doubts."

These children have recognised that they are in good company – and that they can have a bright future!

Carina van Vuuren has taken over the ADHASA Awareness Day and in 2011 will be holding poetry and also art competitions. These are to be added to selected essays (from 2009 & 2010) and become

part of a book which will be an inspiration to children with ADHD, as well as their parents and teachers. Carina's Awareness campaign will start at the beginning of 2011 – if you would like to know more, or to assist, please contact Heather on 011-886-7668.

National Office news

For many years we've worked from the tiniest office imaginable. We've just acquired a much larger space at Delta Park School, and are finally in the position to have a couple of volunteers helping in the office on a regular basis. The new space has for some time been used as a store room and will need painting and carpeting. We'll be doing this at the beginning of the new year.

We'll be using the old, much smaller office for counselling. We have to do a lot on a minimum budget and so would like to ask if you are able to assist. Please have a look at our 'wish list' and let us know if you are able to help. Email Lynne on adhasa@telkomsa.net.



Website

Lori Lea is totally revamping our website and the new version should be up and running at the beginning of January. We're really looking forward to it.

Best wishes from all of us at ADHASA



Please note that during the holidays, work at ADHASA still continues albeit at a lower key. So, as far as possible, we'll still be answering your telephone messages and emails.

The ADHASA team wishes you all a very a happy festive season filled with many blessings and many happy times.

