



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

**ADHASA**

Helping the community  
for  21 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.

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

# Keeping up with ADD

September - October 2010

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## Spending Time with Nature, a Natural Remedy for ADHD

Children with ADHD should spend some more quality time outdoors when they are not in school, according to a nationwide survey.

Researchers then asked parents, through online interviews, how their children performed during a wide range of activities.

Researchers observed the positive effects spending time outdoors had on ADHD patients in different regions of the country. Participants, ages 5 – 18, spent time in "green" areas, which varied from big cities to rural settings. The results indicated a dramatic reduction in symptoms.



Reports indicated that symptoms were reduced most in green outdoor settings, even when the same activities were compared across different settings.

In 56 different comparisons, activities in "green areas" had more positive responses than activities in other settings. In 54 of the 56 the difference was significant, signalling that the findings were consistent.

Researchers believe that simply incorporating nature with regular after-school and weekend activities could be widely effective.

Those involved in the study are excited with the results and hope they will lead to more research and potential treatment.

In the United States, ADHD affects one in every 14 children – which is equivalent to one or two in each classroom. About two million school-aged children, and also as many as 4 percent of adults, experience the symptoms of ADHD. Those with the neurological disorder usually have problems in school, work and relationships. They often suffer from depression and substance abuse.

While medications for ADHD work for most kids, experts point out that they are expensive and can have serious side effects, including loss of appetite and trouble sleeping. Society often places negative labels on children with ADHD. Even more disheartening is that about 10 percent of ADHD children don't even respond to medication,

Researchers recruited the parents of 322 boys and 84 girls, all diagnosed with ADHD, through ads in major newspapers and the Internet.



Activities were conducted in a variety of areas, including indoors, parking lots, downtown areas, tree-lined streets, back yards and parks.

which is the most popular form of conventional treatment.



Researchers said that exposing ADHD children to nature is an affordable, healthy method of controlling symptoms.



They suggest daily doses of “green time” can supplement medications and other traditional treatments of ADHD.

Spending time in ordinary urban nature – a tree lined street, a green year or neighbourhood park – may offer additional relief from ADHD symptoms when **medications aren't enough.**

Some kids might be able to substitute a “green dose” for their afternoon pill, making it easier to get a good **night's sleep.**



Increasing green time can be done by:

- Choosing a greener route for the walk to school;
- Doing classwork or homework outside or at a window with a relatively green view;
- Playing in a green yard or ball field at recess and after school.

What could be **more natural or healthy** for you and your family **than to take a walk outdoors** after work or school? What simple solution to one of the biggest problems plaguing our young people – **ADHD!**

*Taken with permission from a newsletter of the **Hyperactive Children's Support Group in England**, and thanks to Dr Mercola, an American Doctor whose work focuses on non-medication approaches to ADHD.*

## ADHASA Happenings

ADHD Awareness Day

**School strikes definitely didn't help.** The upheaval and loss of teaching time left many schools grasping for every spare teaching moment. Many even stopped holding assemblies in an effort to squeeze in some extra teaching. After many nail biting days, things suddenly settled down and the essays came – wonderful essays, full of imagination, children showing deep insights into their ADHD, knowing how they were going to make the most of it for their future careers.

Winning essays are to be announced at the conference on 16 and 17 October – and we thank Arctic Health [EyeQ](#), Sportron, SAIDA (South African Inherited Disorders Association), and Penguin Books for sponsoring the exciting prizes. After the conference the prizes, together with the certificates, will be handed to the writers at their schools.

We also thank all those students, the schools and their parents for the essays submitted. We also thank those who had every intention of participating but due to circumstances were unable to do so - hopefully **you'll be able to take part in a future event.**

Bellavista School held a successful civvies day. Warmbad Laërskool are holding an ADHASA civvies day later this year or the beginning of 2011 as they were unable to in September. Watch out for news of more ADHASA Awareness Activities.

### 'PROMOTING POSITIVES FOR PROGRESS'

This prestigious ADHASA Annual Teachers Conference is once again to be held in collaboration with the Wits University School of Education. Take the opportunity to learn about the latest info on ADHD from the top experts – and go home laden with practical information you can implement in your classroom or therapy practice.

You'll also be going home with a gift from ADHASA – a free copy of our popular resource book '*Teaching and ADHD in the Southern African Classroom*'. If you attended last year's conference and already have your own copy, please let us know in advance and instead we'll supply you with '*The Manual That Never Came with Your Child*', by Jane Jarvis and Debbie de Jong. Both books are crammed with brilliant, high quality information and every teacher or therapist should own a copy of each. Please see our website [www.adhasa.co.za](http://www.adhasa.co.za) for registration form and programme. For queries: email [adhasa@telkomsa.net](mailto:adhasa@telkomsa.net).

## THANK YOU ... THANK YOU

Thank you to all our readers for your on-going support and an especial thank you to those who give us much needed financial sponsorships and donations. **Chemserve – a generous R40,000.**

They have given us much support over the years.

One of our members, Angel Conradie (prev. Swemmer) donated R2,250. When **Angel married** her sweetheart in July, she requested that instead of buying wedding presents, **guests should make a donation to ADHASA** – what a wonderful gesture and we **thank you and your guests** very much indeed.

Thanks to ADHD Coach Lorí Lea for putting this edition of **Keeping Up with ADD** for us. Contact Lorí (072-606-3080/ [Lori@MindFocus.co.za](mailto: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"



We would also like to thank all the members who add on a bit extra when sending in their renewals. So far this year **we've received** R1,340.

Thank you to all of you!

