



Keeping up with ADD

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.*

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Happy Families



It's important for children to know that their parents are steering the ship; that they have plans for the future and are working toward them. They also need to know that they are part of the picture, and what is expected from them. Avoid asking children to do more than they are capable of as this only leads to failure experiences.

Parents have a dramatic, often permanent, impact on their children. As a little girl I spent many happy hours helping my mother make jams, bottle peaches, bake biscuits, and when she was sewing. When I married I found myself doing these things too, and it was only when others approached me for advice or assistance that I realised just how much I had learnt from my mum.

Our children are constantly learning from us, and many carry their lessons into the **future. We'd all like to know that we have** provided them with the foundations for setting up a future happy family life.

Here are a few ideas to help you raise happiness levels in your home.

1. Parental leadership

Parental leadership helps children feel more secure.

Make sure that what you say is what you do - **don't tell children that you expect one thing and then you do the very opposite.** For example, telling them not to procrastinate while you are obviously doing **so; or that they can't have a fizzy drink** and then you drink one in front of them. Ultimately nobody wins.



Where possible use your leadership skills to create win-win situations and watch happiness levels increase.

2. Clear communication

Clear and effective communication ensures that children know where they stand and what is expected from them. Rules of the home need to be the same from day to day - they **can't be changed with your mood.**



Clear and effective communication also means giving children the opportunity to express their opinion honestly and to be heard. When your children speak to you, make eye contact and watch them while they speak, give them the opportunity to unload.

Be encouraging and at these times listen more than you speak. By not criticising children **when they are sharing, you're giving them the opportunity to work things out for themselves.** This supports family trust and respect - both important contributors to happiness.

3. Build on strengths

So much time is spent focusing on the challenges and **difficulties of ADHD that we often lose sight of that person's strengths.** Recognise the difficulties and help children (or adults) move beyond them. Make a point of identifying their strengths, and give opportunities to build on them. Success in one area may improve self esteem and functioning in others.

4. Show appreciation

Everyone wants to feel valued, and so do our children. Let them know on a regular basis that you love and appreciate them, that you appreciate the things they do. Thank them **often and you'll be teaching them to thank you too.**

Sometimes families find it difficult when one child cannot do as well as their siblings - **if you've identified their strengths,** you can show appreciation for their achievements in that area. **In other areas, thank them for the effort they've made rather than focus on the results.**

When family members openly appreciated and value each other, it makes for a stronger and happier family.

5. Have fun

Humour, playfulness and a fun atmosphere makes the family a nicer place to be. Smile, make time to play with your family - kick a ball, have a picnic, go hiking, play board games. People who are happy and enjoying themselves find it easier to concentrate, to be better behaved, to achieve more. It also helps to bond the family.

All people will face difficulties but it's usually easier for a strong family unit to navigate through the upheaval. Try the above to strengthen your family unit and increase happiness.

Heather Picton

Thanks to Lori for the layout of Keeping up with ADD
Contact: Lori@MindFocus.co.za, if you are serious about coaching.

INTENSE COURSE:



Instant ADD Success

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"

Volunteer
We can finally and comfortably accommodate a regular volunteer preferably with computer skills. If you are this person and you can help one or two mornings a week, please phone Sandy at 011-793-2079.



ADHASA News

ADHASA Gala Dinner 2011

ADHASA's Inaugural Dinner, which is set to become an annual event was a stunning success! It was held the day after ADHD Awareness Day (14th September). If you were not able to attend this one, make a note in your diary to attend the next one to be held on 15th September 2012!

We were welcomed with a drink, champagne or fresh fruit juice, and the air was buzzing with meets and greets. Everyone looked stunning in their evening finery; you can view the photos on our [website](#) (under Events/Gala

Dinner) as well as on our [Facebook page](#) (<http://goo.gl/WXMrn>). Please tag yourself! As with all events, this one had its hiccups, and that was the seating plan that the hotel were supposed to put up – the seating plan landed in the ether somewhere! Thanks to the Marketing Organisers, Aqula, who moved mountains and in a very short time we had the plans on the board! In plenty of time for guests to take their chairs in the beautifully set up room in ADHASA's green and blue colours at the Hyatt Regency Hotel in Rosebank.



While on the subject of the hotel: they catered specifically to the food requirements of ADDers in that there were no preservatives, no colourants, no margarine, and gluten-free bread and deserts. Fresh fruit and a multitude of vegetables deliciously cooked and all the different types of sea food (yes, including prawns!) and meats (again, with no additives!)



There were masses of dishes to choose from and the only complaint I heard was that people couldn't eat a morsel more, in spite of many people have multiple helpings of desert (including me!)

There were people from all over South Africa, one the winners of ADHASA's Art Competition came all the way from Cape Town, as did our well-known comedian Mark Lottering! We had four winners, and their Art Work was auctioned towards the end of the evening, stunning the young artists by the amount their works sold for, the proceeds of which went to ADHASA. Their work will appear in a published ADHASA book.

Kay Sexwale from 702 was our M.C., and she was admired for her wit and smooth control of the evening. We had many notable people, too many to mention here, and would like to thank all those that attended! Look forward to seeing you next year.

The auction, mentioned above, also included some sporting memorabilia and they were well received. Folks were generous in their bidding, and we thank all the bidders and the auctioneer, Thys, who was great! We wish you joy with your well-won Art!

Final Thanks to organisers and sponsors! We thank our Marketing company, Aqula, and the wonderful personnel that helped – without them the Gala Dinner would not have happened!

We thank the following sponsors – not in any particular order.

- ◆ Ramiro from Miro's Mediterranean
- ◆ Martin Briede from Martin Briede
- ◆ Michelle Dymond from JMC Inspiring Brands
- ◆ Tannith from Perfectly Planned
- ◆ Anita from Classy Candles
- ◆ Matthew Mansoor from Bijan Hair Salon
- ◆ Terri from The Dance Café
- ◆ Wayne Stafford from **Sabastian's Products**
- ◆ Hush from Jade Photography
- ◆ Aubrey (videographer)
- ◆ DJ Rene from Chillii Funk
- ◆ Adele Wilkie from Holistic Appeal (Under African Skies)
- ◆ Saffiyah from The Hyatt Hotel
- ◆ Dr Norman Cahi from BrightSmile
- ◆ Steve from The Local Grill
- ◆ Michelle from Sandton Magazine
- ◆ Bevan Lategan from Bowline Logistics

THANKS AGAIN
See you next year!

