

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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Organisational Skills

Tips for Developing Organisational Skills in Children

Developing good organisational skills is a key ingredient for success in school and in life. Although some people by nature are more organised than others, anyone can put routines and systems in place to help a child become more organised. The following list of strategies can be used by parents to help their child develop good organisational skills.

Conduct a weekly clean-up
Children should be encouraged to go through and sort out book bags and notebooks on a weekly basis. Old tests and papers should be organised and kept in a separate file at home.



Organise (Prioritise) homework assignments
Before beginning a homework session, encourage your child to number assignments in the order in which they are to be done. Children should start with the one that is the most important (i.e. doing math sums will be more important than decorating or colouring your book).

Set a designated study space
Children should study in the same place,

where supplies and materials are close at hand. This space doesn't have to be a bedroom, but it should be a quiet place with few distractions. Young children may want their study space near a parent. This should be encouraged, as parents can then have the opportunity to monitor progress and encourage good study habits.



Use checklists

Help your child get into the habit of using a "to-do" list. Checklists can be used to list assignments and household chores and to remind children to bring appropriate materials to class.



It is recommended that children keep a small pad or notebook dedicated to listing homework assignments. Crossing completed items off the list will help children feel a sense of accomplishment.

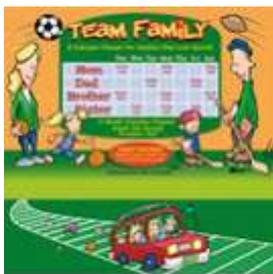
Set a designated study time

Children should know that a certain time every day is reserved for studying and doing homework. The best time is usually not right after school, as most children benefit from time to unwind first. Parents should include their child in making this decision. Even if your child does not have homework, the reserved time should be used to review the day's lessons, read for pleasure or work on an upcoming project.



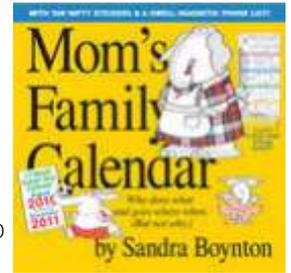
Keep organised notebooks

Help your child keep track of papers by organizing them in binders or a file. The purpose of a notebook or diary is to help keep track of and remember everything for each day's classes and to organise the material later to prepare for tests and exams. Use dividers to separate class notes, or color-code notebooks. Having separate "to do" and "done" folders helps organise worksheets, notices and items to be signed by parents as well as provide a central place to store completed assignments.



Create a household schedule

Try to establish and stick to a regular dinnertime and a regular bedtime. This will help your child fall into a pattern when at home. Children with a regular bedtime go to school well rested. Try to limit television watching and computer play to specific amounts of time during the day.



Keep a master calendar

Keep a large wall-sized calendar for the household that lists the family's commitments, schedules for extracurricular activities, days off from school and major events at home and at school. Note dates when your children have big exams or due dates for projects. This will help family members keep track of each other's activities and avoid scheduling conflicts.

Prepare for the day ahead

Before your child goes to bed he/she should pack schoolwork and books in their bags. Clothes should be ironed and laid out with shoes, socks and accessories. This will cut down on morning confusion and allow your child to prepare for the day ahead.

Provide necessary support while your child is learning to become more organised

Help your child develop organisational skills by photocopying checklists and schedules and taping them to the refrigerator. Give children gentle reminders about filling in calendar dates and keeping papers and materials organised. Most important, set a good example.

Carina van Vuuren

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

ADHD Awareness Day 14th September
It's purple ribbon day!!

Awareness day competitions

This year we're having two competitions - art and poetry.

The art competition has already closed but you can **see the entries on our facebook. Just google 'facebook ADHASA' and let's have your comments.**

The poetry competition which closes at the end of August is open to all age groups. Both you and your children can enter - just write a poem about how the strengths of ADHD can be an advantage or will help you in your life. Send your entries to carina@adhasa.co.za



ADHASA Gala Dinner

This special awareness event is part of our awareness celebrations and to be held on Thursday 15 September at the Hyatt Hotel in Rosebank. This formal black tie dinner promises to be a great fund-raising evening with a delicious meal, live music and entertainment. Art and Poetry Competition winners are to be announced at the event. Tickets are R500 each or R5,000 for a table of ten. Join us for a wonderful fun filled evening. For more details or to book your place, contact: Nobantu at 011-791-6074 or nobantu@aqla.co.za.

Media

National Office has been kept very busy especially with all the interest from the media. Amongst others we have featured or been mentioned in Carte Blanche, Good Morning Africa, Radio 702, You Magazine, **Huisgenoot, and Essentials Magazine.** We're not always sure when features are to go to press or to be screened but keep an eye on our website for notice of future media events.

Shopping Basket Alert!

Cocoa - in our food list we comment that any plain cocoa can be used Unfortunately Cadbury's cocoa now contains flavourants so please avoid it. Use Trumps or Nestle. Please note this change in your 'Shopping Basket' booklet.

ADHASA Conferences

Parents Conference

At the end of July we had a highly successful Parents Conference and we were complimented on everything, especially our choice of topics and quality speakers. Teachers and parents commented that it had been an eye-opener to them, that they have far greater understanding of children with ADHD, and that we put the positive into their children.

We recently met Nicki an educator from Zimbabwe, at the Future Ed Exhibition held at the Coca Cola Dome. Soon after she sponsored Martha, also from **Zimbabwe, to travel to and attend our parents' conference.** Martha had been at her wits end, not **knowing how to cope with her child's ADHD.** Soon after her return we received an email from Nicki **telling us that "She came back really fired up and ready to start a new chapter in her life".** What a lovely gift to Martha.

It's important for people providing supplements to understand ADHD: "We have come away from this week-end with an entirely new appreciation of and empathy for, the difficulties faced by ADD/ADHD children and their families and teachers".

One of the attendees at the event, a medical doctor, decided to initiate an ADHASA branch in Katlehong. We thank her and welcome her on board.

Natal Workshop

Jane Jarvis is running a full day workshop in Durban on **Saturday 27th August** - cost R650 or R900 for two. Take advantage of this opportunity to make your life a whole lot easier. Contact Stuart now on 076-359-2395 for more info.

Teachers Conference

Once again the Annual ADHASA Teachers Conference is to be held in collaboration with the University of the Witwatersrand School of Education. Please diarise **15 and 16 October 2011**, and have a look at the program which will be sent to you soon.

