



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

March—April 2012

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## That Kid Who Drives You Crazy!

You could run through an alphabet of symptoms: Aggressive, Belligerent, Clumsy, Distractible, Forgetful, Gauche, Hyperactive, Impulsive ....



Do you wake up some days and wonder why you ever chose to be a teacher? On a daily basis you face many challenges but let's take a closer look at one of the factors so often overlooked.

There is evidence to indicate that many children like this are reacting to everyday substances; fortunately a great deal can be done to help them.

### Jeremy – Bright but not Coping

Take Jeremy for example. Tests show he's bright but you wouldn't know it from looking at his work. He understands a concept one day yet tomorrow he's totally bewildered.

He does foolish or destructive things even though he knows better. When you ask him why, and he says, "I don't know" his answer seems genuine. His hands, legs and mouth appear to possess a life of their own. He says the wrong things, too loud, and at the wrong time. Most of the other children avoid him; although a few find him an easy target and convenient scapegoat.

As you speak with Jeremy's mother you're listening carefully for clues that would explain where she went wrong. But she's as exasperated as you are, and her other children are fine. "Poor parenting" just doesn't fit.



Is there something 'wrong' with this little boy – something in his brain that doesn't work properly? Is there a defect he was born with?

But this is not a comfortable fit either, as his behaviour is inconsistent. On some days he functions quite well, and on others he's impossible. Similarly, his mother notes there are wide variations at home. She also mentions that Jeremy was a contented baby during the time she was breastfeeding, but he had difficulty sleeping after she introduced table food. Both of you notice that he's worse after holidays and parties, but conclude that he is just over-stimulated. But is that all there is to it?

### Behavioural Toxicology

This is a branch of science which looks at the way a sensitive person's behaviour can be affected by external substances. For example, if a person drank a large quantity of wine, and then behaved abnormally, or couldn't remember how to do a maths problem, we wouldn't be at all surprised.

If we compared different people's reactions to drinking wine we'd find that the effects depended upon the amount consumed, and each person's degree of sensitivity to it.

In other words, their individual chemical make-up would be an important factor. There are many substances besides wine which can affect a person's behaviour and ability to focus and learn. Some are believed to be transient and some are known to be permanent.

Examples include: heavy metals such as lead, mercury and cadmium, alcohol of all types, nicotine, caffeine, drugs – both legal and illegal; solvents and glues such as airplane glue; petroleum.



Petroleum!?! Who thinks about this except when we fill our cars, or hear about the next price increase? Few people realize that derivatives of petroleum and crude oil are in our clothing, cosmetics, shampoos, detergents, perfumes, paints, plastics, pesticides and most significant of

all, our food. We eat, breathe and surround ourselves with the by-products of crude oil every day, and some of us are having a hard time coping with these powerful substances.

We bring them into our homes and the cumulative effect is affecting many of our children.

**Before school each day**

Let's take a look at the typical morning in Jeremy's life as he gets ready for school. (Every substance which was likely to be an irritant for a chemically sensitive person is indicated by an \*.)

He wakes up between sheets which have been exposed to scented fabric softeners\*. He walks down the hall on new carpeting\*, which still retains the



smell of the chemicals used in its manufacture. An air freshener\* adorns the bathroom, and competes with scented, coloured soap\* and scented tissues\*. The bath tub has been cleaned with a miracle spray\*, and the scent of chlorine\* clings to the tile floor. His toothpaste is green\*, sometimes striped\*. Breakfast is a bowl of sugar frosted grains and synthetically coloured marshmallow bits\*, all treated with the preservative BHA\*, they float in a sea of low fat milk which has BHT\* hidden in the added vitamin A. What looks like juice is a blend of water, sugar and synthetic dyes\*, plus artificial orange flavouring\*. An artificially coloured and flavoured vitamin\* tops off the meal. If Jeremy is having one of his frequent ear infections, his mother adds a spoonful of bright pink, bubble gum flavoured medicine\*. He runs past the fragrant pot pourri\* out of the door, across the lush green lawn – treated with pesticides\* - across the newly paved asphalt\* street.



He has forgotten his homework and his lunch money (for the third time this week) and Jeremy's mother wonders why her son simply can't get his act together.

Perhaps the answer lies in slowly but surely finding more natural products to replace chemical irritants. At first it seems impossible but as you change things, just one at a time, it becomes a more comfortable way of life.

With thanks to the Feingold Association (USA). Adapted from Pure Facts 1992; "That Kid Who Drives You Crazy".

*Editors note: ADHASA has placed great emphasis on eliminating unnecessary food additives, however it is important to reduce the toxic overload on our children (and ourselves) at all levels. The above will help you recognize how many chemicals sneak into our homes, and this awareness will help you provide an even more supportive home environment for your family.*



Thanks to Coach Lorí for putting this ezine together.

Contact Lorí

(Lori@MindFocus.co.za), if you want to improve your life, and or that of your children, utilizing coaching to supplement the diet and create Skills, Strategies, Structure and Support.



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# ADHASA NEWS

There is so much that parents can do to help their children, especially if they have adequate support and the right information. They come to ADHASA because that's what we provide. We appreciate the gratitude expressed by so many – and it's an especially warm feeling when people contact us years later to tell us of their child's success.

We appreciate hearing from all of you. We sincerely intend helping people cope with and making the most of ADD/ADHD for a long time to come.

However it's a time of nail biting and great concern, because ADHASA is in dire straits. We desperately need funds to continue helping you and those you know with ADHD, so fund raising has become an important aspect of our work. We are currently investigating the best way to do so and realise it could take a little while before funds become available.

If we have helped you in any way, please can you assist us, or maybe you have contact with someone who can. Small amounts add up and so each and every donation will help to keep the services of ADHASA available to you. Our banking details are: Standard Bank, Braamfontein Branch Code 004805, Account no. 002901323 in the name of ADHASA. As a reference please put on the word 'Donate' and your surname. Emailing details of your payment or faxing including your email address to (086) 604-7124 will help us to thank you.

**ADHASA Fun Day**  
**Saturday 5th May 2012 -**  
**Delta Park School, 10h00 - 16h00**

We are really looking forward to seeing you on 5 May – bring your families and friends to have fun and relax. It's also an excellent opportunity for anyone who can never get to the ADHASA shop during the week, as it will all be there for you on the FUN DAY. In addition, the ADHASA team will be available to answer any ADHASA or ADHD-related questions.

## ADHASA Cartoon Competition

Give your creative abilities a chance to fly – create your own cartoon strip about the challenges of ADHD, OR finding solutions for ADHD and win wonderful prizes at the same time.

Closing date is 31st May 2012.

[Click here for your entry form.](#)

## ADHASA Conference for Parents

26 & 27 May – a must for all parents of children who have ADD/ADHD. Let us help you to help them. Once again click on each one for the [Provisional Programme](#) and [Registration Form](#)

If you or someone you know **would like to sponsor** or part sponsor any of these events, please contact us on email [info@ADHASA.co.za](mailto:info@ADHASA.co.za) or telephone us on 011-888-7655.



## Tips for Improving Emotional & Social Development of Children with ADD/ADHD

1. Build a relationship with the child in which they feel valued and cared for.
2. Be a good role model. What you do is more important than what you say.
3. Teach the child about body language.
4. Help the child develop a feeling vocabulary so that they can understand their emotions and those of others.
5. Explain how conversation is a 'dance' between two people.
6. Show why eye contact is so important.
7. Show the child how to be responsive - how to let people know he/she is interested in what they are saying.
8. Constantly search for activities at which the child can succeed.
9. Break large tasks down to avoid children feeling overwhelmed and inadequate.
10. Note successes but don't embarrass children with over-lavish praise.

*You Made It!*

11. Be on the lookout for sparkling moments when the child is especially wonderful.

Anita Decaires-Wagner