



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 2012

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## Have a Jolly ADHD-free Christmas

For many the looming  
Christmas school holidays are a  
**time of great passion... for**  
some the relief of the end of  
the school year, for others the  
beginning of the nightmare  
called kids at home for six long  
**weeks! "Help!" I hear you**  
**scream ... rather than panic lets**  
look at how you might be able  
to survive this time with your  
little angels.



Perhaps the first  
plan of action is  
to hold a formal  
consultation of  
what your  
children want to  
do with the  
holidays. Write

down every suggestion meticulously or  
be accused of not really listening.

Scan the newspapers and radio waves for  
things to do, outings on offer and the  
like. Invest in a large print map of  
the greater area around your  
home and look for interesting  
places to go and things to  
do. This does not mean  
heading for the nearest movie  
house or amusement centre – save  
those outings as a special treat or for a

First truth! There is no such  
thing as free time. Every day  
needs to be meticulously  
planned for and executed with  
military precision. The advent  
of holiday times usually means  
that the child you dragged out  
of bed every day of the school  
term is now up and

going  
at  
the  
first  
peep  
of  
light  
over  
the horizon.



Be prepared, be very prepared.  
It is better to also be up early  
and to supervise the cooking of  
breakfast than to clean  
up afterwards!

rainy day. Kids labelled  
with the ADHD tag would usually be out  
and about exploring, touching,  
feeling so perhaps it is best to  
head for the wide open spaces, a  
picnic in the middle of a rugby  
field, fishing expeditions along a  
river bank, a visit to a nature reserve.





The idea is, of course, to give them enough space to tire them out – **even if it's** just for an hour or so.

Children also have an innate curiosity which can be easily harnessed. Have a stone collecting day with prizes for the most colourful, strangest shape, oddest design, etc. and the next day ... **turn them into pet rocks with lots of washable paint** being splashed around!



The secret to surviving the ADHD child lies very firmly in the maintenance of the basics: keeping to strict routines, regular feeding, and continuing his medication. If the child needs medication to help him through the **day, don't just stop it without speaking to the doctor.** It could put him in the position where **he is constantly in trouble because he can't control his behaviour.** Likewise, keep to food routines. No cola, chips and sweets means just that – period. There cannot be any **"ag shame" moments, it just sets up a**

delightful kid for failure.



Discipline too needs to be carefully monitored. Right is right, there are

no holiday compromises even though dad **really doesn't feel like it today.** This also implies that the person most out of regularly disciplining the kids may need a quick **refresher course on what works and how it's** going to be. Sometimes people slip into holiday mode and allow the child to get away with murder – only to wonder why he pushes the limits so the next day. The secret is a consistent and steady hand all the time in tone of voice, in mannerisms, in expectations and in firm and fair dealing with the child – from both parents! Wild fluctuations simply create disharmony.

At the end of it all, children expect to have some time out. It is not necessary to always visit places which cost the earth.

Look back to your own childhood and introduce them to the simple things in life.

**Soon that "boring" game of marbles** becomes fun, the tree climbing exercise takes on a whole new meaning, the dressing up morning becomes a nativity play. As parents, we owe it to our children to break them out of the TV and Play station mould and to encourage the imagination to take flight – remember the boxes on the front lawn – they became castles, boats, trains .....**The cooking lessons with old fashioned** dough that squished through your fingers, the lopsided mince pies that tasted so good fresh out of the oven.

A happy, busy child will be a joy and delight during the holidays. A happy busy child who keeps to bedtime routines is an even better child. Look to the rules of your home during term time, apply those to the rest of the **child's routine and the Christmas holidays** will not be a nightmare of constant disasters ... **and of course, when all else fails.... Send them to granny!!!** Happy holidays!

*Terry Wilke, Psychologist*

**This Christmas Edition of Keeping Up with ADD, includes several ideas from the Feingold Association for which we thank them.**



When my kids were young, it was easier for me to host the holiday dinners – with Feingold foods, of course - and invite the **children's aunts, uncles, and cousins to join us.**

That always brought up a problem: what to do about the edible gifts some of the relatives would bring. **I didn't want to** humiliate the visitors by telling them their **gift was unacceptable, but I also didn't want** to let my children eat their gift and have a reaction. **And I couldn't say anything to the** children with everyone standing around.

After a few unhappy episodes, I hit on an elegant solution.





We put aside several fancy platters which the children could recognize as "special non-Feingold" platters. Then, if what the visitors brought was unacceptable or questionable, I would ask the children to bring me one of those special platters, and we could put the cookies, cake, or candy out on the table, showcased on a pretty platter for others to sample, but without risk of my children eating them. It also taught the children to be sensitive to how others might feel in sensitive situations.

*Shula Edelkind*

Ed Note: What a brilliant idea – thanks Shula!!

Watermelon cake



All you need for this cake is a big piece of watermelon for the base. Top with additional fruits. Use the picture as a reference or use your own ideas. You can use Stage Two berries and grapes as shown here for details or you can use cantaloupe, mango, pears or other Stage One fruits instead.

Another idea would be to use a tiny star cookie cutter for cantaloupe and replace the berries and blueberries with that. You can stick the fruit on with toothpicks.

Make sure that toothpicks are removed before fruit is given to small children!



OFFICE CLOSED  
FOR HOLIDAYS

This is a time of the year when things slow down tremendously for us. National office closes at 10:30 on Fri 7th December 2012 and reopens on 9th Jan 2013. We will be answering emails, although not every day.



Exciting date to diarise!!!!

**Sat 19 January 2013 from 9:00 – 11:30 Informative discussion group while the kids play!**

- ◆ Find out how to approach and communicate with a new teacher about ADHD.
- ◆ Take part in the general discussion and
- ◆ You can relax knowing that your children are under adult supervision as they let off steam outside.

Enjoy your mini continental breakfast while meeting and chatting to other families struggling with the same issues as yourself.

We realise that children will have had breakfast earlier that morning, however we'll have some ADHD-friendly snacks waiting for them.

Date: Sat 19th January 2013 Time: 9:00 – 11:30

Cost R60 for Adults Kids Eat and Play Free!

Venue: Delta Park School, Standard Drive, Blairgowrie

Booking essential for catering purposes - contact Carol at [info@ADHASA.co.za](mailto:info@ADHASA.co.za). Booking secured on receipt of payment to

ADHASA, Standard Bank, Braamfontein. Branch Code: 004805 A/c No. 002901323 Please use your name as reference.

We thank Denise Oosthuizen for her kind donation.



Heather Picton is now consulting at Medifam, the Family Medical Wellness Centre in Grayston Drive (cor Helen), Sandton. To book your appointment from January 2013 with Heather, please phone 011 883 2509



We wish you all Compliments of the Season,  
a well-earned break, and safe travelling.

**MAY IT BE A PEACEFUL,  
HAPPY AND JOYOUS  
FESTIVE SEASON  
FOR ALL OUR READERS.**

