



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

ADHASA

Helping the community
for **20** 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.

LAPTOP HARD DRIVE NEEDED FOR OLD LAPTOP THAT WAS DONATED, UNLESS YOU HAVE A LAPTOP TO DONATE. PHONE SANDY ON (011) 888-7655 IF YOU CAN HELP.

Keeping up with ADD

July-August 2009

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WHAT SPORTS SHOULD WE ENCOURAGE FOR CHILDREN WITH ADHD?



Benefit of sport

We are becoming far more aware of the importance of physical activity especially as it improves communication between brain cells. This in turn supports concentration. In addition, doing well at



athletic and other sports activities can improve self-esteem and make children with ADHD feel more accepted by their peers.

Which are the best?

Children with ADHD are usually exuberant and motivated, but their performance on the playing field is sabotaged by their inability to concentrate as well as their impulsivity, distractibility and hyperactivity. It is not always easy to coach them.



They often excel in activities that focus more on individual skills than on teamwork. Examples are wrestling, karate, swimming, fencing, tennis, track and field. Horse riding is very good for them. These sports depend more on individual performance and so coaching is mainly one to one - and children with ADHD benefit the most from one to one interaction.

Karate may be one of the best examples of a sport therapeutic for a child with ADHD. However karate is potentially dangerous and so the best instructors teach listening skills and self-control before they demonstrate.

Therapeutic programs

Children with ADHD benefit from therapeutic programs that include parent education and training, teacher training, medications when indicated, counselling to help them recognise their strengths and limitations, and a nutritious diet free of certain additives. Supplementation should also be considered.

All the above combined with individualised athletic and extra-curricular programs can make participation in sport far more enjoyable for children with ADHD.

Sometimes therapy is not available but understanding and supportive parents and teachers can do a lot to help the child. Contact ADHASA for more information.



Realistic expectations

Children with ADHD will probably find sports and athletic competitions far more enjoyable if thought is given to the special challenges they face, and if expectations of parents and coaches are realistic. Participation in sports which is enjoyed at a young age could sow the seeds for continued physical fitness in later years.

Adapted from 'HyperActivities' No. 205 New South Wales, Australia.

PARENT - TEACHER INTERVIEWS

Parents of children with ADHD often find parent-teacher meetings very uncomfortable. Here are a few tips to help make it a more successful meeting.



LISTEN - to all the teacher has to say without offering your own opinion right away. Encourage the

teacher to be very specific about their concerns for your child and let teachers sense from your listening and encouragement that you are prepared to accept their thoughts, feeling, concerns or frustrations.

EMPATHISE - Whatever problem the teacher may be having with your child at school will probably not be news to you. If so, you can tell them that you are aware of and understand how challenging, frustrating or disruptive your child can be.

QUESTION - Go to the interview with prepared questions written down, especially concerning your child's performance in certain areas. Find out what steps have been taken to help your child, either in or outside the classroom. Ask if there are other alternatives within the school or community which provide the services your child needs.

ASK FOR TEACHER'S SUGGESTIONS - Ask the teacher how else you can help your child to achieve his/her potential.

RESPOND TO SUGGESTIONS - Listen to the suggestions and work out a suitable system for communication with the teacher so that you can both be aware of progress.

If suggestions are *not* feasible, give reasons explaining why they are not - you have a responsibility to ensure that the teacher recognises the special needs of your child.

SHARE KNOWLEDGE AND PAST EXPERIENCES - Share with the teacher any approaches or strategies that have worked well for your child in the past.

Should you come away from the interview feeling that the teacher is not prepared to accept and deal with your child's particular needs, you may wish to pursue alternative placements. This could mean simply a change of teacher, or a move to a different type of class, or to a different school. The School Principal may be able to guide your search for a better alternative.

Children with concentration or learning difficulties have a tough enough time in school without going through a year with a teacher who thinks that the child is lazy, unmotivated, has his/her head in the clouds, or won't pay attention. If you are still not satisfied, speak to an educational psychologist or contact ADHASA.

Adapted from 'HyperActivities' No 182 New South Wales, Australia



ADDvance

We thank ADDvance for their generous sponsorship of our Food List.

The following supplements have been endorsed by ADHASA:



Calmolin ADD a supplement for over active and inattentive children

Creche Guard
Brain Fuel
"Omega-3 Chews"



ADHASA HAPPENINGS: Seminars and conferences! In the past nine weeks we've held four seminars and conferences - Nylstroom, Durban and two in Johannesburg (Adult ADD, and a seminar for parents). They were all fully booked and highly successful events and we thank the regional coordinators for all their hard work in organising them in their areas.



Have you ever considered why it's important to understand our own temperament ... and that of our learners? Find out how it can make a real difference to children's learning experience ... and to our teaching experience! How about booking for...

Our next conference...

The ADHASA 16th Annual Conference is once again to be held in collaboration with the University of the Witwatersrand School of Education. We'll be looking at teaching children with ADHD confidently and successfully!



How can we use the different types of intelligences to make leaning easier?



It's going to be the best seminar yet, so please diarise the dates:

24th and 25th October 2009

Bookings will be opening soon.

This conference is to be based on our new resource (which we have ensured will be available for purchase at the seminar):

"Teaching and ADHD in the South African Classroom"

We thank Lori Lea (072-606-3080) of Mind Focus Coaching Change for this edition of Keeping Up with ADD. Contact Lori for "ADHD Group Support and Coaching" via Skype.

