



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 2011

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## Parents Take Charge

*I recently attended the presentation  
"Parents take Charge" by Sandy  
Gluckman from Dallas in the USA.  
Wow! In the space of three hours she  
delivered a hard hitting message as  
well as covering such a wide array of  
information that really left us  
thinking.*

*Like ADHASA, Sandy recognises the role  
of medication in the treatment of  
ADHD. However she is concerned that  
many children are on medication  
because they have been incorrectly  
diagnosed, and she focuses on the  
impact of stress. This article is drawn  
directly from her presentation.*

### Parents Take Charge

There is a new breed of doctors who practice functional medicine. Rather than treating a few symptoms of ADHD, they look at the whole child including body, mind and spirit. Symptoms therefore become indicators of an underlying cause of malfunction in the whole system; functional medical practitioners look for those underlying reasons (causing the symptoms) and focus on them.

**It's time that we recognised and dealt with the impact of chronic stress in children. Although we use the term 'he', this article refers to both boys and girls.**

### Stress in Children

**Good Stress**  
Good stress is short term - a certain amount of stress can be positive as it motivates and gets them going.

**Bad Stress**  
**It's most** important to recognise the point at which stress changes from good to bad. It becomes negative when the stress is more than your child can cope with.



When stress is ongoing it turns into chronic stress. Chronic stress in children is most dangerous - yet ignored by all.

### Let's see how stress works:

- The child faces a short term stressful event:
1. His body pours out adrenalin and noradrenalin; cortisol floods the bloodstream and the child is ready for fight or flight.

2. Cortisol floods the body with glucose to give the child increased energy.
3. His heart rate increases, breathing becomes more rapid, blood pumps harder.
4. His impulses quicken, he responds to the situation, sorts it out, and everything in his body returns to normal.

7. His body cannot return to normal (homeostasis) and this ultimately leads to sugar levels fluctuating. Energy levels are much lower because of adrenal gland exhaustion as a result of all the cortisol being pumped out.  
Adrenal gland exhaustion was not previously seen in children.

This is what happens in short term stress **situations. It's an entirely different picture when stress is chronic and persists over a long period of time.**



Chronic stress affects both the body and the brain. In addition it depletes nutrients, destroys brain cells, damages the gut/digestive system and lowers immune function. It also affects behaviour. Chronic stress in children can cause or aggravate many conditions including allergies, asthma and ADHD symptoms. The longer the stress remains, the greater the damage to **the child's body and overall functioning.**

When the child faces chronic stress: The same happens as in stages 1, 2, 3 above but the difference with chronic stress is that the child cannot get rid of the stress and it just stays with him. Stage 4 is totally different:

What causes chronic stress in children? In general children in South Africa are exposed to high levels of stress.

4. His body is continually responding to the stress, chemical and hormones **are out of balance and they don't** have the chance to return to normal. They stay out of balance.
5. The ongoing situation stresses his organs, and throws several body systems out of balance. His immune system is weakened.
6. His body is continually in a state of fight or flight.

- **Not meeting their parents' expectations. They stress because they can't match up to what they think their parents demand of them. (Major cause!)**
- Children absorb and reflect stress of others - it could be the ongoing stress of parents, or that of their teacher.
- Hearing their parents or other adults discussing frightening or upsetting events.
- Peer pressure.
- They might be a victim of bullying. This could be another child, the whole class at school, a teacher or a family member.
- It could be unrecognized learning difficulties or **other challenges faced by the child. He doesn't know why he can't do as well as others and decides he is less worthy than them.**

**Tackling chronic stress in our children's lives invariably involves examining our own stress levels. Dealing with**

these stress levels might mean considering a change in lifestyle, but the answers you choose must be right for you and your family. Having a happier and more peaceful home environment for the whole family, as well as improvements **in our children's health,** behaviour and marks would make it well worth the effort.

*Heather Picton*

Info extracted from **"Parents take Charge"** by Sandy Gluckman



Thanks to Lori for the layout of Keeping up with ADD  
Contact Lorí (071-226-3451—NEW cell number)  
Lori@MindFocus.co.za), if you are serious about coaching.  
[Instant ADD Success](#)  
(click for "Self Improvement for People with ADD/ADHD".)



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"



# ADHASA News

## CONFERENCES

### Parents' Conference -

Unraveling the Puzzle of ADHD

**DATES: 30 AND 31 JULY 2011**

We've always worked on the principle that many parents attending our annual parents' seminar are new to the subject and need a solid understanding of the basics of ADHD. For this reason we've made a point of regularly inviting speakers who give the best introduction to ADHD, so that parents can return home well equipped to more effectively help their children.

I couldn't explain it better than to quote a mother who recently thanked us for last year's ADHASA Parent's Seminar which she attended because she was struggling with ADHD in her home. Everything at the seminar had been most relevant to her - she went home with new insights and soon found that from being a problem, ADHD was now just a fascinating interest.

There are also quite a few parents who come to the seminar every year - they have requested more and different information. For this reason we have introduced a two day conference with the first day dealing with the very important basics, while the second builds on it. As **always we're doing our best to** keep prices rock bottom so that everyone attend and benefit. For further details please go to the website [www.adhasa.co.za](http://www.adhasa.co.za) (click Events) or [click here](#).

Teachers Conference  
Please diarise the 15<sup>th</sup> and 16<sup>th</sup> October 2011 for the ADHASA Annual Teachers Conference.  
**We'll be sending more details soon.**

ADHD AWARENESS  
Awareness Campaign  
ADHD Awareness Day is 14 September however we're having an ongoing awareness campaign culminating on Saturday 17 September 2011.

ADHASA COMPETITIONS  
Our competitions are used to highlight the strengths of ADHD as well as the valuable contribution that people with ADHD can ultimately make to our world.

Art Competition  
The 2011 Awareness Campaign



started with our art competition **which has now closed. It's been** most successful with some amazing entries. The winners will be announced soon and the art work will be on display at our parent conference at the end of July. We have loads of winners this month and even more fantastic prizes to give away.

Poetry Competition  
It's Competition Time again at ADHASA. It doesn't matter where you live, or what you do as long as you are a supporter. If you don't enter you can't win.

Our Poetry competition will commence in August and big prizes for both our competitions will be handed out at our Gala Dinner during ADHD awareness week in September.

Facebook



Please become a fan of our Facebook page to get regular updates on our competitions - (just follow the link and hit the "Like" button): [ADHASA \(Attention Deficit Hyperactivity Support Group of Southern Africa\)](#)

New and Improved Office Premises

The last couple of months have been unbelievably busy for everyone at ADHASA. We had the launch of our new office which is far more spacious - and pictures of it will soon be on our new website which is currently being updated.

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.

