

The title 'ADHD Support and Strategies' is displayed in a large, colorful font. The word 'ADHD' is in blue, green, yellow, and red. 'Support' is in red, yellow, blue, green, and purple. 'and' is in green, blue, and purple. 'Strategies' is in red, yellow, blue, green, and purple. The letters are held up by small hands, giving it a playful, child-friendly appearance.

ADHD Support and Strategies

Medication, healthy lifestyle, positive parenting strategies, school support and therapy can help most children with ADHD and their families.

ADHD Medication

ADHD medication may help improve the ability to concentrate, control impulses, plan ahead, and follow through with tasks. Even when medication is working, a youngster with ADHD might struggle with forgetfulness, emotional problems, and social awkwardness. ADHD medication only relieves symptoms while being taken.

There are two types of ADHD medication, stimulants and non-stimulants.

Common Possible Side Effects of Stimulants

- Feeling restless and jittery
- Difficulty sleeping
- Loss of appetite
- Tics
- Listlessness
- Headaches
- Upset tummy
- Irritability, mood swings
- Personality change
- Becoming rigid
- Depression
- Dizziness
- Racing heartbeat
- Become withdrawn
- Less spontaneous/talkative

Wellness Concerns of Stimulants

- Long term effect on the developing brain is not known
- Stimulants have been found to cause sudden deaths in youngsters with heart conditions
- Stimulants can trigger or exacerbate symptoms of hostility, aggression, anxiety, depression and paranoia
- Stimulant abuse is a growing problem in youngsters.

Common Possible Side Effects of Non-stimulants

- Sleepiness
- Headache, dizziness
- Appetite suppression
- Abdominal pain, upset tummy
- Nausea, vomiting
- Suicidal thoughts
- Mood swings
- Insomnia

Prescription of ADHD Medication

Whether a youngster should get ADHD stimulants or non-stimulants depends on the medical practitioner diagnosis. ADHD medication should always be personalized to the youngster and monitored by the medical practitioner.

Healthy Lifestyle Habits

Healthy lifestyle habits may enable you to take a lower dose of medication.

- Exercise regularly - Exercise reduces the symptoms of ADHD.
- Eat a healthy diet - Add more omega-3 fatty acids and get enough zinc, iron and magnesium in the diet.
- Get enough sleep - It lead to a vast improvement in the ADHD symptoms.
- ADHD therapy - ADHD professionals can help your youngster learn new coping skills.
- Maintain a positive attitude - A positive attitude and common sense assist coping.

Parenting Strategies

Parenting your youngster with ADHD and the way you interact with the youngster:

1. Change your viewpoint - Look at the gifts of ADHD - Things like exceptional energy, creativity and interpersonal skills.
2. Don't believe all you hear - Although it is true that your youngster's mind is wired differently the youngster has the ability to learn and succeed.
3. Do not overestimate the importance of medication - The youngsters should know that their self-control, no matter how limited, is the main factor in their behaviour management.
4. Discipline - Discipline teaches the youngster how to behave. Explain the inappropriate behaviour and redirect the youngster to acceptable behaviour. Behaviour modification is through age attainable goals which are rewarded if achieved until the correct behaviour becomes routine.
5. Punishment - Punishment makes sense if it's abundantly clear that your youngster is being defiant. Ask the youngster what the consequences should be if a rule is broken.
6. Acknowledge positive behaviour - When you point out and praise desirable behaviour, you teach your youngster what you want. Offer authentic praise when your youngster really succeeds.
7. Anticipate potential explosive situations - Coach your youngster how to behave if he/she is going into an environment that might trigger negative behaviour in him/her.
8. Role model - You have to model the appropriate behaviour in difficult situations to your youngster' living with ADHD.
9. Set structure - According to Palladino, structure involves "star charts for younger, calendars and planners for older youngsters, and clear rules and sensible routines. Work with your youngster's teachers to create a consistent homework routine.
10. Educate yourself about your youngster's attention - Knowing when your youngster's is at the peak of production will enable you to plan homework accordingly. Block assignments into manageable steps with breaks to decrease tension. Alternate interesting with boring tasks.
11. Prepare your youngster for change - It is important to prepare your youngster for change by giving the youngster the information of change that will take place and the time to assimilate the detail of change.
12. Focus on the positive - Find areas where your youngster excels, and praise him/her for them. Pay close attention to what your youngster does well, talk to your youngster to find out why he/she loves it and what he/she can do to keep the success on-going.

13. Redefine success - Academics aren't the only measure of success. Your youngster will have an ability or knack that he/she will excel in.
14. Seek help - Find an ADHD support group to assist you.

School support

The very tasks these youngsters find the most difficult - sitting still, listening quietly, concentrating - they are required to do all day long. Perhaps most frustrating of all is that these youngsters want to be able to learn and behave like their peers not living with ADHD.

Rely heavily on visual aids

- Take a visual step-by-step approach to schoolwork.
- Use tools like time organisers, computers, or watches with alarms.
- Make schedules and review them with your youngster through the day.
- Ask teachers for written and oral instruction for your youngster whenever possible.
- Plan ahead for transition times and shifts in activities.

To improve time management

- Create checklists and estimate how long each task will take.
- Break long assignments into manageable chunks, and assign time frames for completion.
- Use calendars to keep track of long-term assignments.
- Write the due date on top of each assignment.

Organise the workspace

- Have separate work areas with complete sets of supplies for different activities.
- Minimise clutter.
- Schedule a weekly time to clean and organise the workspace.

To improve work habits

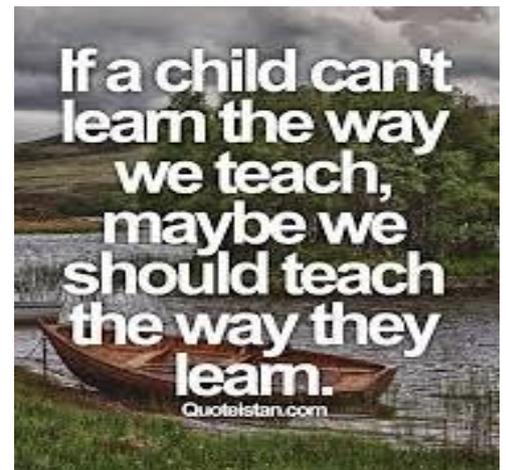
- Make a checklist for doing assignments.

You must only assist your youngster to set up the workspace and make the study aids. Remind yourself the more you do for your youngster the less he/she does for themselves and the longer they stay dependant.

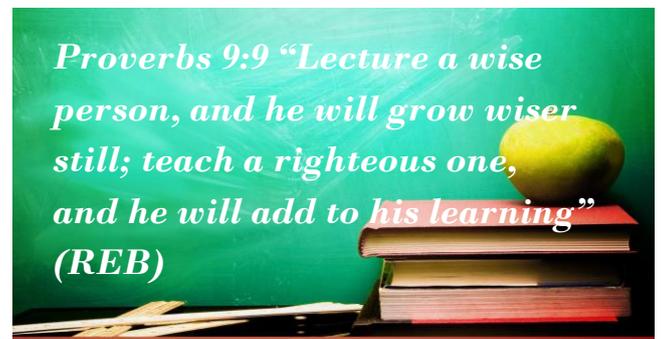
Communicate with teachers

If you can work with and support your youngsters' teachers, you can directly affect the experience of your youngster living with ADHD in the classroom.

- Plan ahead - Arrange to speak with your youngster's teachers before the school year begins. Plan monthly meetings in advance and keep to it.



- Create goals together - Discuss your hopes for your youngster's success. Plan and note realistic goals with the teachers and discuss how it could be reached.
- Listen carefully - Listen to the teacher's feedback about your youngster's behaviour at school.
- Share information - Exchange information about the youngster's behaviour it can lead to better understanding about the youngsters challenges from both parent and teacher.
- Develop and use a behaviour plan: The Daily Report Card, which can be adjusted for different ages - (http://ccf.fiu.edu/for-families/resources-for-parents/printable-information/how_to_establish_a_school_drc.pdf)
- For more teaching strategies to help youngsters with ADHD in the classroom, see: Teaching Students with ADHD (<https://www.helpguide.org/articles/add-adhd/teaching-students-with-adhd-attention-deficit-disorder.htm>.)



How Therapy Can Help With ADHD

Although medication is often also prescribed as part of a management plan for ADHD, it is considered to be most effective when combined with therapy. Therapy can teach coping skills to the youngster living with ADHD.

Common therapeutic interventions for ADHD:

- Skills-based therapy - Help the youngster develop specific skills and time management strategies.
- Cognitive behavioural therapy (CBT) - Help change unhealthy habits and thinking patterns.
- Traditional psychotherapy - Include discussions and analysis of a variety of topics which may help in alleviating some ADHD symptoms, especially those experienced as a co-morbidity such as depression and anxiety.
- Family therapy - In family therapy the family can learn ways to help support each other and healthy coping skills.

References:

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