



ADHD/ADD Guide

What is ADHD and
how to best it.

BY Kris Lee

ADHD/ADD Guide

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A Brief Introduction To ADHD

ADHD is known as Attention Deficit Hyperactivity Disorder. Children who suffer from ADHD will be unable to control their behavior or pay attention during these years. ADHD was first detected by Dr. Heinrich Hoffman in 1845. Sir George F. Still published a series of lectures to the Royal College of Physicians in England in which he described a group of impulsive children with significant behavioral problems, caused by a genetic dysfunction. A child with ADHD faces a difficult task ahead, to achieve his or her full potential; he or she should receive help from their parents, guidance counselors, and the public education system. ADHD often continues into adulthood.

Diagnosis of ADHD

The principal characteristics of ADHD are lack of attention, hyperactivity, and impulsivity. These symptoms tend to appear early in a child's life. Different symptoms may appear in different situations, depending on the demands the situation may pose for the child's self-control. A child who is disruptive will be noticeable in school, but the inattentive daydreamer is often overlooked. The impulsive child who acts before thinking may be considered just to have a "discipline issue," while children who are passive may be viewed as merely unmotivated. Hence both children may be suffering from different types of ADHD.

ADHD is a syndrome characterized by serious and persistent difficulties in the following three specific areas:

1. Span of Attention
2. Uncontrolled Impulse
3. Hyperactive (sometimes)

Attention Span Criteria:

- Tends to pay little attention to details and often makes careless mistakes
- Has a very short attention span
- Doesn't listen when spoken to directly
- Doesn't follow instructions; fails to finish tasks
- Has a deep difficulty organizing tasks
- Skips tasks that require sustained mental effort
- Loses things and is easily distracted
- Is pretty forgetful in daily activities

Hyperactivity Criteria:

- Leaves seat in classroom when remaining seated is expected
- Often runs or climbs excessively at inappropriate times
- Has difficulty playing quietly and talks excessively
- Having difficulty waiting in line or taking turns

Impulsivity Criteria:

- Blurts out answers before questions are even completed
- Has difficulty awaiting turn
- Often interrupts or intrudes on others

Teaching children with ADHD

Teaching children with acute ADHD can be very difficult and often requires one to one teaching or the attendance of an alternative school for children with learning disabilities. Before the commencement of any educational program the child should have counseling to rule out emotional problems due to an unstable home life or any other issues they may have and to improve their self image. A nutritionist should also be employed to ensure the child is provided with a well balanced diet. All stimulants such as caffeine should be removed from the child's diet. Brain training video games have also been found to be beneficial to sufferers of ADHD. Special software and techniques can also be used to improve a child's concentration and to reduce daydreaming.

Pros of Medication for ADHD

Medication may make it possible for children to have normal social, cognitive and emotional developmental milestones.

Medication may make it possible for children to benefit from cognitive or behavioral therapy and may improve the length and quality of sleep.

Medication may prevent suicide (depression) or accidental death/injury (mania/impulsivity) also reduces the long-term chronic and severity of the illness. (Kindling effect.)

Medication to control anxiety and depression may prevent deterioration of the organs in the stress axis (hippocampus, adrenal glands, etc.)

Medicating a chronically unhappy or disruptive child also reduces stress for the other members of the family, especially siblings.

Cons of Medication for ADHD

The child needs to be monitored very closely for medication compliance, for side-effects, including mania, suicidal tendencies, delusions, and hallucinations and serious physical problems.

Other side effects are headache, stomach ache, dry mouth, constipation, gas, weight gain/loss, acne.

During trials, school performance and attendance may fluctuate. Schools need to be prepared for this, and special accommodations should be planned.

It may be embarrassing for the child to have to take medication, especially if the dose is administered at in school.

Dry mouth, a side effect of some medicines, may increase dental problems.

If diagnosis of childhood-onset bipolar disorder (COBP) is left out, antidepressants or stimulants may trigger a manic episode. Therefore it is crucial that childhood-onset bipolar disorder be ruled out before ADHD or major depression is treated.

ADHD And ADD - Improve Reading And Learning Through Brain-Based Accelerated Learning Strategies

Children with ADHD or ADD can improve reading and learning using new brain-based accelerated learning strategies. Often, students with ADHD or ADD struggle with reading or learning. They are often the ones put into Special Ed classes, Title 1 classes, and remedial reading classes. Parents are often frustrated because despite being pulled out of their regular education classes for special reading help, they fail to improve reading.

One of the reasons children with ADHD or ADD do not improve reading and learning is because parents are convinced that ADHD or ADD medication is the solution. But pills do not teach students how to read or how to learn.

The solution lies not in the pill, but in the child's brain. Every child has his or her own unique way of learning. If your child is a kinesthetic or tactile learner or a right brain learner but is being taught in a visual and auditory learning style or a left brain approach, that can cause reading or learning problems. If you discover a child's best and fastest way of learning and use it, it can accelerate the speed at which the child learns. In fact, reading improvement and learning can be so dramatically accelerated that students with ADHD and ADD have raised their reading level several years above their grade within weeks to several months. Children with ADHD and ADD have gone from struggle to extreme excellence within 6 weeks to 6 months. In fact, their reading improvement and learning has been raised so high many of those students no longer ADHD or ADD medication.

Every person has their own unique way of learning. Once this personal way of learning is discovered, students can learn to read, improve reading, and improve learning in the shortest possible time. They have a chance to be successful in learning, and raise their self-esteem, and motivation. These students improve behavior and discipline. They become engaged learners and develop a joy of reading and learning.

Any parent whose child is diagnosed with ADHD or ADD should not lose hope. There are ways to turn their struggle into success. It begins with an accurate assessment of how the student's brain learns. Once that is established, it is essential for the parent to help his or her child with homework and studies in the child's best way of learning. This will reduce family stress and tension because the parent knows how to communicate with the child. It will also ensure better parenting skills, better family communication, and more joy and happiness within the home.

ADHD Attention Span Improves With Eye Exercises

Inattention and ADHD are caused by many things, but were you aware that eye movements play a crucial role in maintaining attention and focus? Researchers have observed that a person's concentration improves when the eyes are focused on a single task. When the eyes gaze at another object, concentration gets broken as the mind starts processing the new visual information. The child loses his focus and goes off task.

It is theorized that eye movements in some kids with ADHD are uncontrolled and automatic, a trait called visual impulsivity. For instance, let's say a child is instructed to look at a red pencil, a green pencil, then look back at the red pencil. Children with ADHD tend to look at the other pencil before the instructions are given.

Based on these observations, researchers believe that impulsivity and inattention can be decreased with the help of eye exercising. Just as the brain develops as a child gets older, so do the ADHD symptoms evolve with time. For example, hyperactive ADHD children stop running like a motor and instead become fidgety as teenagers. It is possible to "re-train" the brain to drop some ADHD symptoms, and working with the eyes is one way to go about overcoming inattention. The more your child practices these eye exercises, the less likely visual impulsivity will keep him or her off track.

These eye exercises feel more like a game than anything else, which mean even young children can benefit from this. First, take two different-colored pencils (e.g. one should be red while the other should be green) and place both of them 16 inches away from your child's face. Ask your child to look at the green pencil; in two seconds, ask your child to look at the green pencil.

Most children with ADHD will look at the red pencil before your instructions are given. You can treat this by giving your child points if he or she can follow your directions for five rounds (a round is a single instruction to look at a particular pencil). If you notice that your child moves his or her eyes to the other pencil too soon, a point goes to you. You can also include trick questions, like tell your child to look at the red pencil when he or she is already looking at this pencil. This will improve your child's attention to verbal instruction. Play the game for five minutes, then tally up the scores and reward your child accordingly.

One other exercise is to instruct your child to follow a moving target with his or her eyes. Sit in front of your child and move an object from left to right, about sixteen inches away from your child's face. The younger your child is, the larger the object must be. Move the object at a speed that's comfortable with your child, and tell him or her to follow the object with their eyes, making sure not to get behind or ahead of the object. After doing this once or twice, let your child take a break, then move the object at an arc, as though it were a windshield wiper. Most kids with ADHD have a difficult time following the object at first; if this happens, stop your child so that he or she can refocus.

If you play these games three or four times a week, your child should improve at keeping his or her eyes focused on the right pencil or object. Besides decreasing visual impulsivity, these exercises should also improve attention, listening skills, and following instructions.

Adhd Natural Treatment Color Therapy

Of all the complementary ADHD natural treatments available today, color therapy (also known as chromotherapy) has to be the most interesting one. Early records show that the therapeutic power of color and light has been used since the beginning of civilization; traditional Chinese medicine links each organ to a specific color, while India's ancient Ayurveda medicine associate colors with chakras, or specific body areas. Today, color therapy is used to treat sleep problems, alleviate psychological distress, or provide relief from ADHD symptoms.

According to Ayurvedic medicine, that colors and light have inherent positive and negative effects on certain parts of the body. Depending on the symptoms experienced, certain color combinations are applied to body parts to promote healing. Below are the colors often used to treat ADHD.

Orange: Pelvic area

Orange, the combination of red and yellow, is a warm, kind-hearted color. Since it resembles the rising sun, orange is thought to improve alertness and mood. This color is often used to treat depression, anemia, loss of appetite, and digestive disorders; however, too much may cause fatigue and confusion.

Yellow: Solar plexus

The brightest color of chromotherapy is used to boost the nervous system, assist the metabolism, and soothe glandular diseases. Those with primarily inattentive ADHD are not given this color, for an excess of yellow can aggravate poor concentration.

Green: Heart

Right in the center of the color spectrum is green, a color linked to harmony and nature. Green provides a positive, calming effect without causing sedation, and is thought to improve concentration. In addition, green is used to improve detoxification and reduce swelling.

Blue: throat

Blue is the color of peace and infinity, and is one of the most widely used on patients with ADHD. Blue places the mind in a state of calm and tranquility, relieving nervous tension, stress, migraines, and anxiety.

Indigo: Forehead

Indigo is associated with good perception and intuition. Chromotherapists use this to treat mild psychological symptoms because of its calming effect and meditative qualities.

Although there is no research on the effect of color therapy on ADHD symptoms, you might want to consider this information the next time you plan on renovating your home or adding a fresh coat of paint to your walls. If your child is constantly bouncing off the walls, evoke a sense of calm at home with oranges, blues, and violets. But if your ADHD child is on the lethargic, inattentive side, try lively colors like yellow.

ADHD Parenting Tips - How To Stop Child Lying And Stealing

Stealing is a common misbehavior of children with ADHD. One of the characteristics of ADHD is impulsiveness-acting without thinking. When a child with ADHD sees something he likes, he often pockets it, puts it in his mouth, or walks away with it.

Later, when he has a quiet moment, he will take it out for a good look at what he got. If it is not as interesting as he thought, he might just discard it.

When a child is caught stealing, he lies impulsively to avoid losing his stolen loot and avoid discipline. (That's why stealing and lying usually go hand in hand.)

The secret is to see the behavior clearly and stay calm. Address the elements rationally and you can get through this.

A child will steal for the following reasons:

- He likes shiny or glittery objects-so he takes them impulsively. This is common in kids with ADHD.
- He wants something to chew-so he steals food, gum, or sweets. Kids with ADHD often steal gum from convenience stores. These kids also chew on their shirt collars and sleeves.

- He wants to buy gum and sweets-so he steals money to buy them (common in older children with ADHD).
- He wants to get revenge-for example, if a classmate got him in trouble, he might steal a book from her school bag.
- He feels deprived, materially or emotionally-abandoned children steal, unconsciously to fill the empty feeling in their heart.
- He wants to escape from depression-pumped up with sneakiness and excitement from stealing, he can escape depression. He feels temporary excitement when he is chased.

Some parents just threaten, by saying, "If you steal in the real world, you'll go to jail." The child thinks, "Nothing happens to me when I steal at home and at school, so I might as well steal again and take my chances."

A child might lie for the following reasons:

- He cannot admit he made a mistake (most common)-for example, broke a vase.
- He is afraid of punishment-he remembers the pain of when he was punished before.

- He wants to impress others with his background or abilities-for example, "My dad has 13 cars."
- He does not want others to know about his embarrassing past-for example, he lives in a destitute part of town.
- He does not know the difference between the truth and a lie- because he lies so often. He forgets his lies, so he keeps others very confused.

Yelling, threatening, and screaming do not change your child's stealing behavior.

Use the following guidance techniques for lying and stealing:

Make sure your child has three meals and two snacks each day. Keep a bowl of fruit available for snacking. Keep emergency sugarless gum handy in case your child appears desperate to chew on something. It will save many collars and shirt sleeves.

Catch your child every time he steals, and he must get logical consequences every time. Track down the origin of anything he says he found or was given to him. Insist on seeing a receipt for items he says he bought. Otherwise donate the item to charity or return it to the school lost and found.

Teach him the difference between "need" and "want." When his eyes catch on something and he wants to reach for it, he must learn to ask himself, "Do I want it or need it?" If he just wants the pen his peer is

holding, teach him to ask his peer, "May I hold/admire your pen for a few moments?"

To train this skill, gather a few novelty items (like those he may steal). Supervise him while he practices saying, "May I hold/admire your [novelty item] for a few moments?" Hand him the item and let him look at it for a few moments. Thank him when he returns it to you. At the end of this scientific experiment, give him a token. Teach him that he needs something if he cannot do without it, for example, air, water, food, and rest. If he needs something, he is justified to ask for it properly. For example, "Mom, it's 6:00 p.m. Is dinner ready? If not, may I have a cookie because my stomach is growling?"

Teach your children to settle arguments with clear and assertive communication, not revenge.

Give your child ways to earn allowance with good behavior and good grades so that he can have spending money. (I recommend using a token system.) Let him spend it as he pleases, even for sweets. He earned it.

Give him logical consequences for each stealing event. One of the most compelling consequences is paying restitution of three times the value for stolen items. If your child has to pay three times the value of a \$10 item and return the item, he will learn that it is worth waiting to buy it with allowance.

Train your child values and hold him accountable for his actions with logical consequences. If you use these methods consistently each time

you suspect stealing, your child will probably decide that stealing is more trouble than it is worth.

You Can Solve This

Consistency is critical to a possible cure for children lying and children stealing..

You Can Improve Child Behavior

Adult ADHD And Fear: Why We Procrastinate

One of the things people with Adult ADHD symptoms really struggle with is procrastination. And procrastination really comes out of fear. What kind of fear?

There are two main fears people with Adult ADHD symptoms face when they try to start a big project.

1. How do I know I'm choosing the right thing to work on?
2. How do I know I won't fail, especially if I don't know anything about this yet?

First of all, you've got to ask yourself, "What am I so afraid of?" Let's just bring it out into the open. If I pick an opportunity, the fear becomes, "Oh, my gosh. What am I going to miss?"

The truth is, the second someone with Adult ADHD focuses on something, you're missing a lot of other things. That's just the way it works.

It's not about the opportunity. It's not about which Internet-type thing you should be doing. It's "why." You've got to ask yourself, "How would this particular opportunity fit in with my larger vision?"

Some people with Adult ADHD might not feel like they know exactly what they want to do with their whole lives. And this is where a lot of fear about choosing what to do next comes from.

Well, you know what? Whatever you want to do with your life right now, it probably is going to change at some point (especially if you have Adult ADHD). Just because you're going full tilt on something right now doesn't mean you have to do that for the rest of your life.

It does mean that, if you're going to spend your time doing something, it should be something you're incredibly passionate about to begin with, something that you'd like to spend all your time on anyway.

Most likely, if you have Adult ADHD symptoms, you'll find yourself in the exact same situation at some point in the future. It happens. You work really hard. You go full speed at something, and occasionally, you look up and you say, "What the heck am I doing?"

That's ok. At that point, if you really want to, you can shift your focus. No one's stopping you. But don't let that fear stop you from starting.

The second fear those with Adult ADHD symptoms feel has to do with how much there is to learn about a subject or skill, and the information overload that occurs so often with Adult ADHD.

People suffering from ADHD may say, "I'm going to learn this Internet thing. I'm going to go out and I'm going to learn everything that I possibly

can," and realizing at the very beginning that there were so many different subspecialties. It's an entire industry.

You could be a specialist in list building, in search engine optimization, in advertising or all these different subspecialties, and you realize that what you're trying to do is go out and learn an entire industry. Of course, it doesn't really work that way.

You don't go out one day and say, "Okay, I'm going to be a lawyer," and understand every aspect of law. Even lawyers have to pick a specialty, be it corporate, criminal, bankruptcy or whatever. You don't say, "I'm going to go out and learn everything there is to know about foreign language," right? You pick one.

So, if that is true, that brings up another question for people with Adult ADHD symptoms: "What sub-specialty do I pick then? I have to pick one."

Again, I'm teaching you ways to think with your Adult ADHD brain instead of against it here. As you're thinking about the anxiety of having to pick one area of specialty, for example, to grow your business or to work on in your life, remember that people with Adult ADHD symptoms have something that they use automatically every day they don't usually appreciate, and that is a very highly-developed intuition.

Intuition is why people with Adult ADHD make snap decisions all the time. You're really good at it naturally. It's coming from your gut.

But you need a clear head to do it. So if you've got information overload, and you can't decide to focus on one thing, how do you clear your head?

What you need to do is this: You need to go on an "unsubscribe" campaign! Start with the information you have coming in on your computer every day.

You should continue subscribing to or buying the information from the people that you intuitively know are going to help you with your one main focus. But clear out the rest, so you don't even see it. Let your computer sort it so your head doesn't have to.

Do this with other things in your life too. Once you decide what you're main focus is (at least for now)--then "unsubscribe" or disconnect from anything, and anyone, that doesn't contribute to that one goal.

ADHD After School

Most forward-thinking teachers and instructors understand how to meet the special needs of children with ADHD. Unfortunately, many parents don't.

ADHD is an acronym for Attention Deficit Hyperactivity Disorder. Children with ADHD struggle with attention problems, as well as hyperactivity. Teachers are trained to help ADHD kids deal with their personal obstacles and meet their learning potential. However, parents can often find it difficult to keep children safely occupied after school hours.

If your child has ADHD, the first step to choosing the right after school activity is to understand how he or she is affected by the condition. If your child is interested in sports, you need to know if he or she is put off by fierce competitiveness, or is overly competitive. Is it easy for your child to get along with teammates? Does your child vocalize emotions, or is communication a problem?

Physical exercise is beneficial to all children, and perhaps more so for children with ADHD. Exercise can use up the extra energy and help stimulate the brain. Team activities offer kids to learn valuable social skills and discipline. If your child shies away from team sports, you may want to look at activities like swimming, dancing, cycling or gymnastics. Martial arts are a great alternative, as they teach self-defense techniques along with discipline, patience and self-control.

Some kids tend to gravitate towards fine arts rather than athletics. There are wonderful after school opportunities for artistic kids with ADHD. Acting or improv classes provide a great form of creative expression and

exercise. Drama classes can also provide the child with ample opportunity to develop social skills. Music, art or dance can help a child with ADHD keep busy and entertained, while providing a valuable sense of self-worth and accomplishment.

Scouting is another good after-school option. Girl Scouts, Boy Scouts and other community-oriented clubs teach children social skills and personal values. Like all children, kids with ADHD love to take part in special interest projects, and help with community efforts like park clean-up projects.

Whatever after school program you choose, be sure to monitor your child's progress periodically. Ask your child's coach, instructor or counselor for help in assessing your child's development. If you feel that he or she is not benefiting from the program, you may need to consider changing the activity.

Any after school program that increases your child's self-esteem is good, but certain activities may be detrimental to the development of a child suffering from ADHD. Excessive television use should be avoided, as well as certain computer and video games. These activities involve no interaction and can leave your child feeling more and more isolated. Kids with ADHD can sometimes find it difficult to distinguish between good and the bad messages, so they may be inclined to exhibit inappropriate actions or act out contrary messages. On the other hand, group activities that require a child to sit and wait patiently for his or her turn might not be a success.

Children with ADHD are normal kids facing above average challenges. It is important to allow them to take part with their peers in regular after school programs. Take the time to review options with your child, and choose

after school activities that are fulfilling, challenging and above all, rewarding.

Choosing Appropriate Toys For Children With ADHD

Choosing just the right toy for any child can be difficult. But the challenge is magnified if you are looking for the perfect gift to give one of the 4.4 million children affected by attention-deficit/hyperactivity disorder (ADHD).

Children who have ADHD may have special play needs, so I urge parents to buy toys that help their children focus, gain self-confidence and learn to socialize and interact appropriately with other children. The following suggestions may be helpful:

- **LEGOS/Building Blocks:** Children with ADHD often have trouble completing lengthy tasks because they become frustrated and discouraged. LEGOS and building blocks are hands-on toys that are simple to use and have only a few pieces so children can create a single structure in a relatively short period of time, which may help build their confidence.
- **Chapter Books:** Books with short chapters help your child focus and stay attentive. Read aloud one or more chapters each night or have your child read to you.
- **Dress Up:** All children, but especially kids with ADHD, can benefit from dramatic play and artistic expression, which allow them to be creative and express feelings in a fun and nonjudgmental environment. So give them a box of costumes, puppets or a playhouse. Watching a play is a great way for family members to connect with a child and provide lasting memories. It is important to

also keep in mind that people with ADHD are often intelligent, friendly, creative and determined. These strengths should be encouraged from an early age.

- **Easel and Paint Set or Play-Doh:** Art supplies such as paint and clay give children with ADHD an opportunity to express themselves in a nonverbal way. Art supplies also help children gain self-confidence since there is no right or wrong way to use them.
- **Floor Puzzle:** Giving children something simple to do, such as a floor puzzle, helps build confidence. Choose a recognizable pattern or shape that won't intimidate them. Ideas include the solar system and the alphabet.
- **Swimming, Skating, Martial Arts or Music Lessons:** Physical activity is encouraged for children who have ADHD. Sign them up for lessons in a structured sport or hobby, which can provide a valuable outlet for all their energy.

There is no "cure" for ADHD, but there are effective ways to manage this condition once diagnosed. Medication may be part of a treatment plan designed to control your child's ADHD symptoms. Currently, stimulant medications such as Adderall XR are considered a first-line treatment option for ADHD. The active ingredients in these medications have been used medically for nearly 70 years.

It's important to consider a child's strengths when choosing toys.

Important Safety Information: Adderall XR was generally well tolerated in clinical studies. The most common side effects in studies included: children-decreased appetite, difficulty falling asleep, stomachache, and emotional lability; adolescents-loss of appetite, difficulty falling asleep, stomachache, and weight loss; adults-dry mouth, loss of appetite, difficulty falling asleep, headache, and weight loss.

Adderall XR may not be right for everyone. Patients should speak with their doctor if they have a history of high blood pressure or any heart conditions, glaucoma, thyroid problems, emotional instability, mental illness, or a known allergy to this type of medication. Abuse of amphetamine may lead to dependence. Misuse of amphetamine may cause sudden death and serious cardiovascular adverse events. These events have also been reported rarely with amphetamine use.

If you are currently taking or have recently taken a type of antidepressant called a MAO inhibitor or have a pre-existing structural heart abnormality, you should not take Adderall XR. There is a potential for worsening of motion or verbal tics and Tourette's syndrome. A patient should report any new psychological symptoms to his or her physician.

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