



Spring Newsletter

ADHD; What you need to know

ADHD stands for attention deficit hyperactivity disorder. It is a medical condition.

A person with ADHD has differences in Brain development & brain activity that affect attention, the ability to sit still and self control. There are three types of ADHD; Inattentive, hyperactive and/or impulsive. People with ADHD may have symptoms of one, two or all three.

ADHD has nothing to do with how smart a person is & it cannot be controlled by will power. There are different types of treatments for ADHD depending on

what type you have. ADHD in a child will look different to that of an adult.

Inattention; kids

- Are easily distracted
- Don't follow directions or finish tasks
- Don't appear to be listening
- Don't pay attention & makes careless mistakes
- Forgets about daily activities
- Have problems organizing daily tasks
- Don't like things that require sitting still
- Often lose things

- Tend to daydream

Hyperactivity;

- Often squirm, fidget or bounce when sitting
- Don't stay seated
- Have trouble playing quietly
- Are always moving, running or climbing
- Talk excessively
- Are always on the go

Impulsivity;

- Have trouble waiting his or turn
- Blurts out answers

NWR FASD Society -Mackenzie Network

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Caregiver Support Group meetings are here, yay!!

- ☺ High Level Support group 12-2, April 4, 2018
- ☺ High Level evening group will be held 7-9 on April 4, 2018
- ☺ Rocky Lane Support group 12-2, April 11/18
- ☺ La Crete Support group is on April 18/18 12-2
- ☺ Chateh Support group is on April 25/18 12- 2 pm

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Adult ADHD

More than sixty percent of children with ADHD still exhibit symptoms as an adult. But for many, ADHD symptoms decrease or become less frequent as they get older. Some symptoms may include:

- ◆ Chronic lateness & forgetfulness

- ◆ Anxiety
- ◆ Low self-esteem
- ◆ Problems at work
- ◆ Trouble controlling anger
- ◆ Impulsiveness
- ◆ Substance abuse or addiction

- ◆ Unorganized & procrastination
- ◆ Easily frustrated & chronic boredom
- ◆ Trouble concentrating when reading
- ◆ Mood swings, depression & relationship problems

What causes ADHD?

It is not clear what causes the brain differences of ADHD.

- Heredity: There is strong evidence to indicate that it is inherited, and runs in families.
- Chemical Imbalance: Brain chemicals in people may be out of balance
- Brain changes: Areas of the brain that control attention are less active in children with ADHD
- Poor nutrition, infections, smoking, drinking & substance abuse during pregnancy; these

things can affect the baby's brain development.

- Toxin's such as lead; may affect a child's brain development
- A brain injury or a brain disorder: Damage to the front of the brain, called the frontal lobe, can cause problems with controlling impulses & emotions.



ADHD isn't caused by watching TV, a poor home life, poor schools or food allergies.

ADHD can't be prevented or cured. But spotting it early, plus having a good treatment & education plan, can help a child or adult with ADHD manage their symptoms.

Sugar doesn't cause ADHD.

How is ADHD treated?

Many symptoms of ADHD can be managed with medication & therapy.

Medication: is called a stimulant which can help control hyperactive & impulsive behavior & increase attention span. They include:

- * Dexmethylphenidate (Focalin)
- * Dextroamphetamine (Adderall, Dexedrine)
- * Lisdexamfetamine (Vyvanse)
- * Methylphenidate (Concerta,

Daytrana, Metadate, Methylin, Ritalin, Quillivant)

Stimulant medications do not work for everyone with ADHD. Non-stimulants may be prescribed for people older than six. These include:

- * Atomoxetine (Strattera)
- * Clonidine (Kapvay)
- * Guanfacine (Intuniv)

Dietary supplements with omega 3's have shown some benefit. Vayarin, a

non-pharmaceutical supplement that contains omega 3's, is available by prescription only.

The right treatment helps ADHD improve. When not treated, it can be hard to succeed.

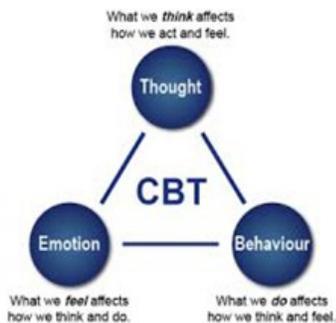
- Treatment:**
- Medicine
 - Behavior Therapy
 - Parent Coaching
 - School Support

Therapy

Your doctor can refer you to a counselor or a therapist who can help you tackle the everyday problems that the disorder can bring.

Cognitive behavioral Therapy (CBT) can teach you how to:

- ⇒ Manage your time



- ⇒ Make plans for the now & future.
- ⇒ Handle your emotions
- ⇒ Deal with stress
- ⇒ If you think poorly of yourself, change your self-image
- ⇒ Think things through before you take action

- ⇒ Avoid taking unneeded risks

Counseling can also teach you ways to remember things better & show you how to use calendars & date books to give your day structure.

How is ADHD diagnosed?

If you think your child has ADHD make an appointment to see your doctor. He or she will do a complete check up, including vision & hearing and refer you to a specialist.

Doctors start by asking about the child's health, behavior & activity. They talk with parents & kids about the things they have noticed. You & your teacher may be required to complete a check list about your child's behavior.

After gathering this information doctors diagnose only if it is clear that:

- ◇ A child's distractibility, hyperactivity or impulsivity go be-

yond what is usual for their age

- ◇ The behaviors have been going on since the child was young
- ◇ Distractibility, hyperactivity & impulsivity affect the child at home & at school
- ◇ A health check shows that another health or learning issue isn't causing the problem



You, teacher & doctor

Many kids with ADHD also have learning problems, oppositional & defiant behaviors or mood & anxiety problems.

Doctors usually treat these along with ADHD

ADHD & Lying: What you need to know

Not all kids with ADHD lie. In fact, some are impulsively honest which can create its' own problems. Most kids lie or avoid telling the truth on occasion but, if your kid has ADHD and you find yourself asking "why are you lying again?", you are not alone.

Lying is a coping mechanism for kids with ADHD. This coping mechanism is what experts call "maladaptive coping" and your child may not even real-

ize he or she is doing it. ADHD people have difficulties starting tasks & planning them out to do what you have asked. Rather than face those difficulties or ask for help, they often do nothing & say that it is done, when it is not. This type of lying isn't about defiance, its' about having trouble coping with challenges. Lying takes away from the pressure of having to figure out how to do this chore. Ways

to reduce the behavior is to anticipate where the struggle might be & offer help.

Don't take it personally.

Remove the shame of lying & help make the connections.

It is not uncommon for kids with ADHD to lie frequently about everyday tasks like chores

What can parents Do?

If your child is diagnosed with ADHD:

Be involved; Learn all you can about ADHD. Follow the treatment your health care provider recommends. Keep all recommended appointments for therapy.

Give medicines safely; If your child is taking ADHD medication, always give it at the recommended time & dose & keep medicines in a safe place

Work with your child's school; Ask if your child should have an IPP. Meet with teachers often to find out how your child is doing & work together to help your child do well.

Parent with purpose & warmth; learn best practices; talk openly & supportively; focus on strengths & positive



qualities.

Connect with others for support & awareness; join a support group for information & updates

Join: Understood; select the parent group for

Learning & Attention Issues

Understood.org is an organization geared toward parents & caregivers with children that have learning & attention issues

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Safest not to drink during pregnancy



Care for the Caregiver

As caregivers it is too easy to forget about ourselves and neglect our own needs. We need to care for ourselves in order to provide the best guidance and direction to those who need us most.

1. Get rest at night to avoid being impatient and brain fog
2. Eat a healthy diet & drink water; nutrition makes you feel good
3. Go for a walk, it helps to circulate your blood which also makes you feel better about yourself
4. Listen to some music or watch a good comedy
5. Allow yourself some time alone to destress and sometimes stepping out or away from a situation helps you to see things more clearly and try again
6. Call a friend or a support person just to talk about anything can also give a sense of peace :)

References:

(Understood.org 2014-2018), [online April 2018], Everything you need to know about ADHD, ADHD and Lying, and How To Talk To Your Child About Learning and Attention Issues.
[WebMD Medical Reference], (Bhandari, S. Jan. 8, 2018), The Right ADHD Treatment for You [Retrieved off the web: ADHD, Feb. 6, 2018] (KidsHealth.org., 1995-2018), (Hasan, S. MD Nov. 2017), [Retrieved off the web: Herbal Remedies for ADHD Feb. 6, 2018], (Story, C. & Goldman, R., Sept.22, 2017) [Retrieved off the web: Top 5 Natural remedies for ADHD + Key Lifestyle Changes, April 2018],

What are the alternatives?

11% of children & adolescents aged 4-17 have been diagnosed with ADHD as of 2011. Treatment choices are difficult & some of the side effects may produce other concerns like dizziness, decreased appetite, difficulty sleeping & digestive issues. Here are some alternatives:

1. Fish oil—Omega 3 supplements have shown to reduce symptoms & improve learning. Foods like wild salmon, maceral, herring & white fish, walnuts & flax seed contain Omega 3.
2. B-complex—helps with the formation of serotonin especially vitamin B6. Found in wild tuna, banana's, wild salmon, grass feed beef & lots of green leafy

- vegetables
3. Probiotic—to help maintain intestinal health. Found in yogurt, kefir, sauerkraut & dark chocolate

4. GABA—a calming amino acid (check with the doctor first because it might interfere with other medications). Found in foods like cherry tomato's, Kefir & Shrimp.

Foods to avoid are:

- Sodium benzoate—commonly



- found in soda pop
- D&C yellow #10 quinolone yellow—found in juices
 - FD&C yellow #5. tartazine. Found in foods like pickles, ce-real, granola bars & yogurt
 - FD&C Red #40 allura red. Found in soda pop children's medication, gelatin desserts & ice cream

Try opting for additive free foods & unprocessed foods. Ensure that adequate sleep is promoted. It is all about choices & what best for you!