

JANUARY ~
FEBRUARY 2007

Parents and caregivers
please feel free to share
this newsletter with your
workers.

Family and Children's Services

Children's Developmental Services



HOW TO AVOID BEING ANGRY WITH YOUR ADHD CHILD

By Frank Barnhill M.D.

Sometimes it's like the straw that broke the proverbial camel's back. This time it's just more than you can take. You're stuck between grabbing him by the neck and shaking some sense into that "can't seem to remember" brain or pulling your last gray hair out! You have to fight back the urge to use physical violence in response to her uncaring attitude. It's like the world's going to explode if she says "duh, mom" one more time.

Well, don't feel alone, millions of parents are in the same boat. And they tell me it feels like it's sinking a lot of times. They express frustration and feelings of guilt about not being able to control their ADHDer's behavior or getting them to "think before they leap". Since we don't want our ship to hit an iceberg and sink, let's take a look at a few common ADHD problems that cause parents to become frustrated. Then, we'll look at ways to solve some of those problems and relieve family anxiety and frustration.

You've told your child to clean up his or her room at least ten times. He just doesn't seem to understand that part of success in life is learning to organize and that you want your home to look nice in case friends drop by or family visits.

Since ADHDers are by nature poor organizers, the cleaning up the bedroom problem is very common. It's in the same trait category as not cleaning up toys in the family room, forgetting to feed the cat, and forgetting pencils and paper for school. What can you do to keep from getting angry and frustrated over the situation and help your ADHDer at the same time?

Most of us learn to organize by repeating and practicing the skills over and over. The fact that your ADHD child has a chemical problem with "executive memory processing" means that he or she will require much more practice in learning organizational habits. For ADHD children and even adults, practice makes better and perfect practice makes perfect habits. Spend time everyday with your ADHDer practicing feeding the dog, cleaning up his room or making a ritual out of taking her medications, until the perfect habits are automatic.

Always involve your child in the decision-making that goes into getting organized. Ask your child where he would like his toys stored or his school supplies placed for him to easily find them. Get her to use paper and crayon to write reminders to feed her pets or take her pills. Teach them to get clothes ready for school the night before and place them where they can be easily found.

You've called her five times to get out of bed. You even went into her bedroom and shook her leg. You cut her alarm clock off thirty minutes ago. It just seems like this child enjoys making the whole family run late. Your other kids are angry because they're going to be late for school again. Two of them had to do extra homework for being late last week and it was "all his fault". How can you be fair to your other children when you have to contend with him?

If your ADHDer is frequently late for school or work, buy a no-snooze setting alarm clock that helps them "get up on time". There's no doubt ADHDers are hard to get out of bed, unless something they really wish to do follows. So, consider rewarding "getting out of bed on time behavior" with a favorite breakfast food or a "special immediately rewarded privilege". Yes, such can cause problems with your other children. So, in order to be absolutely fair, your kids should agree on how rewards are to be given. One family I know lets the child who is first dressed and ready to go to school ride in the front seat on the way to school.

You've reminded her a hundred times not to interrupt when adults are talking to each other. But she does, just one more time than your patience can stand. You've threatened punishment before time and time again, but this time you mean it. This is a common annoying habit of ADHDers. When they think of something, they feel that it's urgent to express their thoughts right away. A lot of this behavior has to do with "executive processing" and it's called impulsiveness. It falls into the same category as breaking in line, cheating, shoplifting, lying, speeding on a bike or driving too fast, and running out into the street without looking.

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HOW TO AVOID BEING ANGRY AT YOUR ADHD CHILD cont.... So what are you to do when your child is interrupting almost every word you say to your best friend? You reinforce the idea that interrupting someone when they are speaking should only be done in cases of urgency. One parent in my practice stops his conversation and asks “where’s the fire, son”? Patience is learned by observing patient people. If you speed, then expect your child to speed. If you constantly look at your watch wishing things to go faster, guess what you teach your children? Parents who want to teach their ADHDers to be patient have to teach the how, why and where of patience. Patience is based on learning to postpone something for future reward.

Now, let’s discuss manipulation. A medical school professor once told me that some abused children actually seek abuse, because the attention they received was better than no attention at all. ADHD kids have a similar attitude about punishment, whether physical or emotional. ADHD kids require a lot of attention and when they don’t get it, they seek it in the only way they “know” how. I know it’s hard to believe that when you yell or scream at your ADHDer you are giving him or her attention, but you are. It may be a negative form of recognition, but it is attention just the same. So, what are you to do?

You should practice recognizing when your child needs that dose of special attention and turn the event into a positive self-esteem building experience. When your ADHD son interrupts you, ask where the fire is, point out that interruptions should be for urgent events, and remind him that he has been smart to spot urgencies in the past and his observations are important. Then if what he has to say isn’t urgent, do it again, and thank him for pointing out his observations.

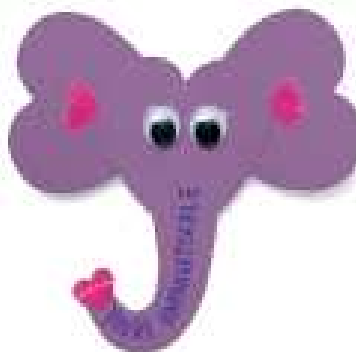
ADHD kids really do march to the beat of a different drummer. Avoid comparing your ADHDer to your other children, because they are not alike. Your ADHD child must have his own personality, strengths and weaknesses. If you recognize your child’s traits, prepare in advance, and spot problems before they really get started, then you may totally avoid frustration and anger.



drhuggiebear.com

For more information or other articles on behaviour or ADHD please visit drhuggiebear.com

With a handful of paper hearts, your child can round up some of these unforgettable pachyderms or rodents to relay his Valentine's messages.



CRAFT MATERIALS:

- Thin cardboard
- Scissors
- Colored paper or card stock
- Pencil
- Glue stick
- Googly eyes and stickers
- Colored markers
- Pushpin
- Ribbon or string

Time needed: Under 1 Hour

1. Cut a heart-shaped template, about 2 1/2 inches high by 2 1/2 inches wide, out of thin cardboard. Your child can trace around it in pencil to make the shapes he'll need.

2. To make a mouse, cut out two colored paper or card stock hearts (one for the body, one for the head) and glue them together, as shown. To accent the ears, glue a different shade of paper semicircles to the upper curves of the head. Then fold the ears so they'll stand upright. Attach googly eyes and a sticker nose. Use the pushpin to make a hole for the tail. Thread ribbon or string through it and knot the ends to keep them from slipping back through. Then add your message.

3. For an elephant, trace around the template, then, before cutting out the shape, draw a curved trunk that extends directly from the bottom of the heart. Cut out the head as one piece and flip it over so the pencil lines won't show. Glue the tips of two heart-shaped ears to the back of the head. Attach googly eyes and decorative stickers. Finally, print a Valentine's message on the trunk!



Craft Corner

Sensorimotor - Tactile

Why Vibration?

Submitted by Brenda Witherspoon

Do you know vibration offers calming and organizing input for most people? The activation of touch receptors and deep touch receptors is why massage is so relaxing and invigorating. Vibration through touch is as "vibrotactile effect," which awakens the senses while calming the spirit.

The mouth and face have enormous sensitivity. By providing chew opportunities that involve vibration, very often a child can organize and calm down. It is important to allow individuals to explore vibration on their own terms and pace.

Whether an individual has hypersensitivity or hyposensitivity, vibration helps to "normalize" sensation. Vibration tools benefit individuals who:



- ☞ Frequently chew on the necklines of their shirts
- ☞ Bite others
- ☞ Are picky eaters especially because they are sensitive to textures in the mouth
- ☞ Dislike having their teeth brushed or face washed
- ☞ Are diagnosed with autism or autistic spectrum disorders such as pervasive development delay
- ☞ Need to strengthen mouth muscles by chewing
- ☞ Are adults with significant self-injury due to biting "behaviours"
- ☞ Are in the sensory-motor stage of play such as toddlers
- ☞ Have been tube fed and have aversion to eating
- ☞ Have discomfort in the mouth such as teething or TMJ

Sibling Sideline....

SIBLING RIVALRY



The word "sibling" refers to brothers and sisters, and "sibling rivalry" means the competitive feelings and actions that often occur among children in a family.

There are things that you can do to try to reduce sibling rivalry.

* Treat each child as an individual. Help children understand that they are treated differently by you and have different privileges and responsibilities because they are different individuals.

* Respect each child's space, toys, and time when he wants to be alone, away from his sibling.

* Avoid labeling or comparing one child to the other. This feeds into their competitiveness.

* When a new child comes into the family, adequately prepare the older sibling for her new important role. Make her feel like it's her baby, too.

* Play detective. Watch and note when siblings are not getting along (before dinner, in the car, before bed) and plan separate quiet activities for those times.

* Watch how you treat each child to see if you are contributing to the rivalry. Make sure you are not playing favorites.

* Have realistic expectations of how they should get along, cooperate, share, and like each other.

* Positively reinforce them when they are getting along or when they solve their own conflicts.

* Make each child feel special and important. Try to spend one-on-one time with each child every day.

* Take time out for yourself to re-energize. Remember, sibling rivalry is a normal and expected part of family life.

Butterfly Thoughts

There are little eyes upon you
and they're watching night and day.
There are little ears that quickly
take in every word you say.
There are little hands all eager
to do anything you do;
And a little boy who's dreaming
of the day he'll be like you.
You're the little fellow's idol,
you're the wisest of the wise.
In his little mind about you
no suspicions ever rise.
He believes in you devoutly,
holds all you say and do;
He will say and do, in your way
when he's grown up just like you.
There's a wide-eyed little fellow
who believes you're always right;
and his eyes are always opened,
and he watches day and night.
You are setting an example
every day in all you do;
For the little boy who's waiting
to grow up to be like you.

AUTHOR UNKNOWN

Announcements

Craft & Social Group Schedule for January -
February 07

January 23—bowling 4:00—5:30 p.m.
February 6—movie day 4:00 - 5:30 p.m.
February 27—Cooking ~ TEEN GROUP 4:00 -
5:30 p.m.

If you would like to sign your child up for these
activities please call Debra at 274-7787
ext 229.

**Are you aware that Family and Children's services
offer a variety of voluntary services within the Rainy
River District? These services include:**

Children's Mental Health Services – Assisting
children, adolescence and their families who may be
experiencing emotional, social, and/or psychological
problems in their school, family, and/or community life.
Services are provided free of charge, for a wide range of
difficulties from mild adjustment reactions to severe
psychiatric problems in children ranging in age from birth up
to 18 years.

Infant & Child Development – Servicing children 0 –
6 years of age who are at risk for a delay, or children with a
diagnosed physical, developmental or sensory disability.
Some of the services provided include early intervention
programs, developmental screening and assessments,
assistance with transition to school for special needs children,
and parenting programs on a group or individual basis.

Community Integration – servicing children with a
physical or developmental disability 6 years – 18 years and
up to 21 years as long as they are in school. The primary
focus of this program is to facilitate integration into the
community. Some of the services provided include
developmental assessments, advocacy in relation to other
agencies, linkages to health, financial, and educational
resources in the community.

Family Relief – a program that provides families a respite
period from the responsibility of the daily care of an individual
with a physical and/or developmental disability. The three
options to services include In-home respite – provided in the
family home, Out-of-home respite – provided in the approved
worker's home, and community participation – The individual
is accompanied by their Family Relief Worker into the
community to participate in community events or activities.

**For more information about the above voluntary services
please contact**

Family and Children's Services
For Fort Frances call (807) 274-7787 or 1-800-465-7764 (Toll
Free), for Atikokan call 597-2700, and for Rainy River call
852-3387.

To make a referral for service, please call Integrated
Services Northwest, The Integrated Services for Northern
Children Program for Single Point of access. For Fort
Frances, Rainy River and area call 274-9797, for Atikokan
area call 583-2565

Do you have something to Share? Please phone
Debra Bruyere at 274-7787 ext. 229
or email dbruyere@facsr.ca



Children's Disabilities
Information

www.childrensdisabilities.info