

Coaching ADD with Sharon

Newsletter

Raising Successful and Happy Kids with ADD

December 11, 2006

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Dear Friend,

Welcome to the third **Coaching ADD with Sharon Newsletter** with information for adults and kids with Attention Deficit Disorder (ADD), also referred to as Attention Deficit Hyperactivity Disorder (ADHD), and their friends and relatives. I am a practicing coach and graduate of the ADD Coach Academy and have a degree in Mental Health Psychology. Please refer to my web site at www.coachingaddwithsharon.com for additional information about me.

ADD can affect adults and children and usually runs in families. Coaching can be a positive component of a multi-modal treatment plan. I invite you to read the information below, use it and share it with a friend or family member who may be dealing with the frustrations of ADD.

I recently gave a workshop on **Raising Successful and Happy Kids with ADD** at a local school and was overwhelmed by how eager parents are for information to help their children. Each child is different, because ADD affects people in different ways. Because school has been back in session long enough for you to know if your child is doing well or having difficulties, my first three newsletters have been about **Raising Successful and Happy Kids with ADD**. This is the third section about **Keeping Yourself Under Control**. If you missed the first or second installment, **Focusing on Strengths** and **Developing Structure in School and at Home**, they will be available soon on my website.



Keeping Yourself Under Control



My last newsletter talked about Developing Structure at home and in school. All of this will take time, energy and patience. For this reason, parents need to learn techniques for keeping under control. So, the third part of this series discusses **Keeping Yourself Under Control**.

Patience is the key to dealing with the many issues involved in raising children with ADD. Here are a few ideas to help you develop that patience.

1. Join a support group for parents. This is a good first step. Support groups not only provide you with ideas for coping, but they help you deal with the feeling that you are in this alone. (Go to the CHADD website -quick links below - for support group listings in your area)

2. Take parenting classes and behavior management classes. Such classes can help you focus on the particular behaviors of your child and teach you how to set up an effective discipline system that will help your child learn from their mistakes. (See the CHADD website for parenting classes in your area)

3. Work together to support each other and your child. Both parents need to agree on how each situation will be dealt with. You can't help your child learn to be consistent, to develop the structure necessary to succeed, unless you are doing the same. If parents are divided in their approach to the issues, it only causes confusion and tension. No child learns well in such an environment, but for the ADD child it is even more disruptive to learning.

4. Learn how to deal with others who criticize your parenting style. A simple statement like "I am doing what is developmentally appropriate for my child," can eliminate a great deal of unnecessary explanation.

5. Ignore the "shoulds" that come from others. What someone else "should" do has nothing to do with you. Your child learns differently and is entitled to be provided with those things that help him or her to learn. Therefore, you need to work to provide your child with what they "need," not what someone thinks they "should" do or be like.

Learn about dealing with the hyperactivity, disorganization and impulsivity.

1. Find out if you have ADD. In most cases, ADD is genetic. This means if your child has ADD, there is a very good chance you or your spouse does too. If you are dealing on a daily basis with ADD, you will be less effective in helping your child. Finding out if you have ADD and getting help for yourself is the first step in helping your child.

2. Be an educated parent. Learn all you can about ADD through books, websites, classes, etc. (Go to the CT Parent Advocacy Center website - quick links below)

3. Become an advocate for your child. The first step in this process is to become familiar with IDEA and Section 504 of the Rehabilitation Act. This is how the schools determine what they will and will not do for your child, so you need to be familiar with your child's rights in order to communicate with the school and provide your child with the assistance they need. (See website below)

There are advocacy training courses available for parents. Taking this training can make the process much easier and clearer for parents. (See website below for CACLD which offers advocacy training workshops)

4. Seek professional help. If all of this seems overwhelming, do not hesitate to seek professional help. Individual or family therapy can do a great deal to help your family cope with the issues created by ADD. Coaching can also be a great help. Coaches are trained to work with the parent, the child or both to create strategies that decrease the stress and increase organization skills, focus and self-esteem in a non-judgmental environment.

Have Fun with Your Kids It doesn't all have to be hard work! There are ways to lighten the load and make the learning for you and your kids fun.

1. Create routines and make them fun. Include your kids in the planning of the routines that are necessary for them to learn. This makes the child more accountable for sticking to the routines and takes some of the pressure off of the parents. One idea might be that the child receives a reward for keeping their room neat and organized for an entire week. If the child gets to pick the reward, (within certain parameters), they

will be more motivated to keep the room organized.

2. Hire a tutor. If helping your child with their homework seems like World War II in your home, hire a tutor. You will take the animosity and stress out of your relationship with your child by handing this job over to someone else. It will also free you up to spend more quality time with your child. A tutor does not have to be expensive. High school and college students can often be found. Also, your child may not need a tutor, just someone to sit and be with them while they do homework to make sure they stay on task. This is called a body double and is less expensive than a tutor.

3. Create opportunities for family activities that are fun for everyone. Ask your children what they would like to do and make it fun for everyone. Remember, if your child is not athletic, an afternoon of backyard baseball may not be a rousing success. And always remember:

"If you can remain relaxed and flexible, so will your child"

My next newsletter will be in early January. I hope you all have a very safe and happy holiday season!

Getting Help



If you know or suspect your child has ADD, dealing with it alone can be very difficult, I know, I have been there. Teaming up with a coach that is trained to deal with ADD issues is one approach that can help. Visit my web site www.coachingaddwithsharon.com. If you feel I can help, contact me.

I'm Interested in Hearing From You!

I am interested in hearing from you! As part of my bi-weekly newsletter, I would like to know if you have questions or experiences to share. Other readers can benefit from answers to the questions or situations you have successfully dealt with. Please e-mail me at sharonh75@optonline.net and I will try to include your questions and/or situations anonymously in future newsletters.

Sharon Howell

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Quick Links...

- [More About Us](#)
- [CHADD \(Children with Attention Deficit Disorder\)](#)
- [CT Parent Advocacy Center](#)
- [Information on 504 and IDEA](#)
- [CACLD \(CT Association for Children & Adults w/Learning\)](#)

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