

# Coaching ADD with Sharon

## Newsletter

Raising Successful and Happy Kids with ADD

November 6, 2006

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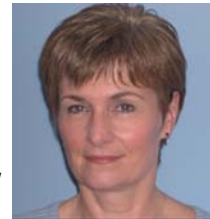
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**Dear Friend,**

Welcome to the 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 [coachingaddwithsharon.com](http://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 just 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 will be about ***Raising Successful and Happy Kids with ADD.***



## Focus on Your Child's Strengths



Focus on your child's strengths. Don't focus on their weaknesses. Do you know anyone who got smarter by trying to make their weaknesses stronger? ADD is a neurological disorder of disinterest, boredom and under stimulation caused by insufficient levels of dopamine in the frontal lobe of the brain. This means that first, ADDers are more easily bored by things that do not interest them and second, they are not lazy! They are, for the most part, very intelligent and creative individuals.

In school and many other situations, they can be labeled as lazy, scattered, problematic kids. Their self-esteem is constantly being stepped on. For this reason, it is extremely important to find out where their strengths lie, so they can be cultivated, encouraged and polished. Then your child, and you, can focus on what your child can do, instead of what they can't do. My favorite saying about ADD is: "Don't let what you can't do get in the way of what you can!"

So, how do you uncover these strengths and work with them? Here are some

important steps.

1. Pay attention to what your child likes to do, what they really get excited about and what they do quickly and consistently well.
2. Ask them what they enjoy doing and work with them to cultivate that interest.
3. Let them try new things they show an interest in, even if it is not something everyone else is doing.
4. Don't be concerned with what everyone else is doing. Look for new opportunities for your child to participate in things they enjoy doing. If they are experiencing failure in school, the more things they can become involved in outside of school that they are good at, the more their self-esteem will increase.

Another clue for helping to discover your child's strengths is to understand their learning styles. Does your child appear to learn better by seeing, hearing, saying? Are they big picture thinkers, do they need to move around or have music playing to concentrate and study? The six learning styles are:

- Visual – learn best by reading, seeing
- Auditory – learn best by hearing, sound
- Verbal – learn best by speaking, words, communicating
- Kinesthetic – learn best through motion (walking, rocking)
- Tactile – sensitive to texture, feel
- Conceptual – cognitive, global thinker

These learning styles or modalities can be clues to their strengths. For example, a child who is kinesthetic may excel at sports or one who is verbal may excel at singing, public speaking, stand up comedy.

Pay attention to your child's potential and cultivate it. Minimize the importance of the things that they struggle with, and you will have a happier, emotionally healthier child.

Next time I will discuss *Developing Structure in School and at Home*.

## 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](http://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](mailto:sharonh75@optonline.net) and I will try to include your questions and/or situations anonymously in future newsletters.

Sharon Howell

*Sharon Howell*

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