

Coaching ADD with Sharon

Newsletter #25

Middle School Madness

November 1, 2007

in this issue

- [Middle School Madness](#)
- [Getting Help](#)
- [Taming the Family Circus](#)

Dear Friend,

ADD coaching can be an important step in working through the issues of attention deficit disorder. Medication can help with focus, but it does not improve issues such as disorganization, time management, forgetfulness and rumination. Coaching helps you through these issues one step at a time to improve your overall quality of life.

Coaching can be a positive component of a multi-modal treatment plan. Read the information below, use it and share it with a friend or family member who may be dealing with the frustrations of ADD. Refer to my web site at www.coachingaddwithsharon.com for additional information about me and how coaching can help you.

School has been in session for several weeks. Open houses and meet the teacher nights have been done. You have had time to determine how your middle schooler is adjusting to their new school environment, class work, teacher, etc. Well, how are they doing?



Middle School Madness

There are several things that can cause problems for your child in the new school year and middle school adds a whole new group of problems. Have you actually had a conversation with your child about everything that might be presenting a problem?



If your child is just starting middle school and changing classrooms and/or dealing with having to keep and retrieve their books from a locker for the first time, this could be overwhelming for them. Where do I go next? Which books do I need to get from my locker? Where is my notebook? Do I have time to put my books in my locker and get to the lunch room on time? What did I do with my homework

assignment? Do I have all the right books to take home tonight and by the way, where's my assignment book??! All of these things may seem simple enough, but for a child with ADD, who may have trouble getting oriented, is disorganized and has time management issues, these things can be overwhelming.

By now, they probably have figured out where they need to be when, but are they getting there on time? What does their locker look like? Is it set up so they can easily grab the book they need and the notebook that goes with it, or is everything stacked haphazardly on the locker floor? Is their homework assignment stuck in a book

where it can easily get lost by falling on the locker floor or being forgotten all together? Do you know how or if their assignments actually make it from the desk or table at home into their school bag and to the teacher?

Below are some suggestions that can make it easier for your ADD middle schooler to manage a bit better during the school year:

1. Talk to them about how things are going. Ask specific questions about the daily routine, their locker, are assignments getting handed in on time, how do they feel about their teachers and why? Make sure to do this at a time when your child is feeling good, not when they have had a bad day or are stressed or tired.
2. If their locker is basically non functional, you can buy organizing units at a variety of office supply stores. Anything that can fit into the locker and keep the books more organized at close to eye level can make life much easier.
3. Color code their school books and note books. Example: buy a red notebook or loose leaf for History and put a red book cover on the History book. It makes finding things much more visually friendly.
4. Monitor their homework. Each night, before they go to bed, make sure that all homework assignments are complete and in their school bag in a place where they will definitely be able to find it the next day. This is not being over protective. This is helping them to learn the skill of making sure that they have double checked to make sure everything is where it needs to be.
5. Make friends with their teachers. Ask the teacher if they have any suggestions for making things work better for your child. If you go in demanding special consideration, you will put them on the defensive, but if you ask for their ideas, you might get what you want without even having to ask. Then the next time you need something, they will most likely be more willing to cooperate. If your child is having trouble getting their assignments written down and comes home without their assignment or their book, the teacher may be your best resource for a solution to this problem.

There are so many things going on in the middle schooler's life, that helping them get organized will go a long way to making the year more productive, more enjoyable and less stressful for everyone. So make it your business to know what is going on in their day.

"Don't Let What You Can't Do Get In The Way Of What You Can"



Getting Help

Coaching is a non-judgmental partnership that focuses on guiding you toward actions to improve the quality of your life. Sessions begin with what the client feels is their biggest challenge and works toward discovering strengths and talents and creating strategies for change. If you are ready to improve your life, I can help. Visit my web site www.coachingaddwithsharon.com or email me at sharonh75@optonline.net.

If you have missed any of my newsletters or want to refer back to them, they are on my website.



I am excited to announce that a new CD, Taming the Family Circus, that I have produced with my fellow coach, Jennifer Koretsky, is now available for sale! If you are looking for ideas on how to control the chaos in your ADD home, click here to learn more - [Taming the Family Circus](#). This CD gives you my 3 basic steps for turning chaos into calm.

Sharon Howell

Sharon Howell

Quick Links...

- [More About Us](#)
- [CHADD \(Children with Attention Deficit Disorder\)](#)
- [ADDA \(Attention Deficit Disorder Association\)](#)
- [CACLD \(CT Association for Children & Adults w/Learning Disabilities\)](#)
- [Dr. Daniel Amen and the Amen Clinics](#)

my e-mail: sharonh75@optonline.net

You can call me at: 203-374-6109

Visit my website at: <http://coachingaddwithsharon.com>