

DISTRICT 622 ADD/ADHD SUPPORT GROUP (Spring 2010)

MEETING INFORMATION

All adults are welcome to our group. You do not need to live in District 622 in order to attend. We ask that you do not bring children to meetings but they are welcome to attend our childcare.

We meet on the second Monday of the month from October to April from **6:30 - 8:30 p.m.** at the District Education Center (DEC), 2520 E. 12th Ave., North St. Paul. Please use the western doors, facing 12th Ave. to enter the building. The closest parking is on 12th Ave. in front of St. Mark's church or in the lot on the west side of the building. *The doors on the eastern side of the building are often closed at 5:00 pm.*

FINDING OUR MEETINGS

The best way to get to the DEC is to take Highway 36 to McKnight Road and go north. Then take the first right onto 11th Avenue. Follow 11th for about four blocks, passing the new North High School. DEC is the building after North High, on the south side of the street, across from St. Mark's Church. If you are traveling west on highway 36 you can also take the Margaret Street exit and go straight. DEC will be on your left (don't park in the first lot by the soccer field; it's a long walk to our doors from there. Use the west lot or park on the street).

SUPPORT GROUP SCHEDULE:

Feb. 8 **Dave Kearn**, a licensed psychologist in private practice, will share information about **Advances in the Treatment of ADHD: What the new medications have to offer.** This presentation will be a great way to get answers to your questions about medication treatment for ADHD.

Mar. 8 Have you ever wondered what people mean when they talk about **Executive Function Deficits and how these relate to ADHD?** **Lauren Braswell**, a child psychologist, will clarify these issues and give us up an update on the current state of research in this area.

Apr. 12 **Open Meeting.** Bring your questions, concerns, and ideas to share as we discuss *your* topics.

MEETING CANCELLATIONS

Support group meetings are cancelled whenever District 622 is closed due to bad weather. You can find out if the district is closed at www.isd622.org/.

CHILDCARE - PLEASE CALL AHEAD

Please make childcare reservations *at least one week before* every meeting. Call **651-748-7594** and leave a message with your name and phone number and the names and ages of your child(ren). *If you do not leave all of this information, your reservation for childcare will not be accepted*, so please don't forget. The cost of childcare is \$2 per child per meeting. *There is no drop-in care.*

If you make a reservation and then later realize that you can no longer attend that night's meeting, please call the childcare line so we can give your child's spot to someone else.

OUR FINANCIAL STATUS - BETTER!

We have very good news about our finances. Thanks to recent donations from Walmart, the District 622 Partnership, the Ramsey County Children's Mental Health Collaborative, and the District 622 Safe Schools/Healthy Students grant, our financial situation has stabilized. With these donations, we were able to purchase a many new books for the library and we now have enough money to keep the group going for the rest of this year and all of next year. We are very, very grateful to these donors for their generosity and their support of our work on behalf of children and families with ADHD. We continue to look for other sources of financial support and accept donations at any time. If you want to make a donation, you can do so by dropping it in our donation box at a meeting or by sending a check (*made out to the District 622 ADD/ADHD Support Group*) to Sarah Lilja, 2520 E. 12th Ave., N. St. Paul, MN 55109. All donations are tax deductible.

PARENTING KIDS WITH ADD

Edward Hallowell and Peter Jensen's new book, **Superparenting for ADD: an Innovative Approach to Raising Your Distracted Child,** talks about the importance of keeping the human touch alive as we treat and support our children with ADHD. The authors believe that it is essential for a child with ADHD to feel loved and have a connection to school and home before researched-based treatment methodologies can be expected to work. Many techniques to encourage your child's success are discussed in this book.

Disclaimer: Resources in this newsletter have not necessarily been reviewed for accuracy. Please be a cautious consumer. We do not endorse any of the services or information mentioned in this newsletter.
RETURN BOOKS TO THE LIBRARY

Please take a minute to look through your books at home to see if you might have any that belong to the support group library that you forgot to return last year. If you find a book and cannot make it to a meeting to return it, please call Sarah Lilja at **651-748-7585** to make arrangements to get it back to us. Thank you!

MOMS WITH ADD

One of the most challenging situations a family can face is when both mother and child have ADHD. Terry Matlen, author and mother with ADD, offers support, humor, insight, and resources at www.momswithadd.com.

FIDGETING HELPS KIDS FOCUS

Two new research studies suggest that fidgeting may boost concentration. In one study (*Applied Cognitive Psychology, 2009*), people who doodled while listening to a monotonous tape recalled 29 percent more information from the tape a minute later than did those who had just taken notes. In another study (from the University of Central Florida to be published in the *Journal of Abnormal Psychology*), fidgeting helped boys with ADHD better focus on the task they were completing. Researcher Mark Rapport says that children with ADHD tend to be “under-aroused,” that is, their brains do not produce enough dopamine to keep them alert during normal daily activities. Fidgeting helps wake up their brains, thus improving their focus and concentration.

FIDGET TO FOCUS

Fidget to Focus, a book by Roland Rotz and Sarah Wright, has been described in this newsletter in the past, but given the two studies noted above, it seemed appropriate to bring it to your attention again. This book explains how the ADHD brain works and why fidgeting can be so helpful. It provides many ideas and strategies to help someone with ADHD increase their concentration and focus by fidgeting. The book also provides age-appropriate ideas for both children and adults, including ways adults can fidget that are effective but not necessarily obvious to others.

COLLEGE SCHOLARSHIP FOR ADHD

The Novotni College Scholarship is for current college students with ADHD. Award amounts are \$1000 - \$5000. The application deadline is March 15. This scholarship is sponsored by the Attention Deficit Disorder Association (ADDA). For more information about ADDA go to their website: www.add.org. To get the scholarship application go to: <http://www.add.org/mc/page.do?sitePageId=92513>
DYSLEXIA - A PERSONAL STORY

Though she has dyslexia, Linda G. Tessler has learned to so effectively cope with this disorder that she was able to earn a Ph.D. Her book, **One Word at a Time: A Roadmap for Navigating Through Dyslexia and Other Learning Disabilities**, is full of practical advice. It is written in a clear, simple style with chapters that are short but powerful. Reviewers say that this is an inspiring book for older children and adults who living with dyslexia.

ONLINE HELP FOR LD

Did you know that 50 – 80% of children with ADHD also have a learning disability? If you are not familiar with LD and how it can impact your child, this website may be helpful. There are sections on recognizing the signs of learning disabilities, different types of leaning disabilities (such as Dyslexia, Dyscalculia, Dysgraphia, Auditory and Visual Processing Disorders, and Non-verbal Learning Disabilities), school and LD, and much more. In addition, you can take part in forums, ask questions and learn more about resources for living with and managing learning disabilities. For more information go to: friendsofquinn.com

COEXISTING CONDITIONS

There are many conditions that may coexist with ADHD. The National Resource Center on ADHD has some excellent information on ADHD and: depression, behavior disorders, tics, sleep disorders and more. Go to: www.help4adhd.org/en/treatment/coexisting

STRESS MANAGEMENT FOR KIDS

Timothy Culbert and Rebecca Kajander (both are from the Twin Cities) have written a wonderful new book for kids, **Be the Boss of Your Stress**. This book helps children understand what stress is, how it affects their bodies, minds, and spirits, and how to effectively cope with it. There also is a section for parents. The book is part of a series called, “Be the Boss of Your . . .” and includes other books on sleep problems and pain management. The series comes highly recommended. One reviewer said, “[This is] the most useful and wise book series for children that I have every seen.”

WHO CAN ANSWER YOUR QUESTIONS?

Don't know who to talk to at your child's school? Feeling frustrated about your situation? We'll try to help. Call Sarah Lilja, Social Worker, at **651-748-7585**, or June McCarthy, Parent Facilitator, at **651-653-7563**.

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DO YOU WANT YOUR NAME REMOVED FROM THIS MAILING LIST? Call **651-748-7585** and leave a message, spelling your last name.