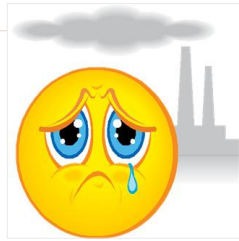


ATTENTION Fife
An Holistic Approach to Attention Differences

ATTENTION FIFE

Merchant House,
Law's Close,
341a, High Street,
KIRKCALDY,
KY1 1JN.

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Tel/Fax: 01592 267858

Email: info@attentionfife.info

Website: www.attentionfife.info

SAD FAREWELL

As many of you know, I will be leaving Attention Fife at the end of June.

I have been in post for over 7 years and during that time I have learned so much and met so many nice people. I would like to thank everyone for making my job so worthwhile and enjoyable.

The good news is that the organisation will still be here providing holistic support and information for the many families in Fife affected their children's behavioural, emotional and learning difficulties associated with ADHD.

The Board have been working furiously in the background making sure that my absence has as little impact on our service delivery as possible. We have a handful of volunteers who have very graciously agreed to give their time, expertise and enthusiasm to make sure you still receive the support and information as before.

As ever, Barbara Naumann will still be involved with the organisation and in particular with the homeopathy clinic, which is now up and running again with Jenny Livingstone's return thanks to the Homeopathy Action Trust.

Our other volunteers include parents Patricia Elston, Karen Taylor and Claire Ryan Heatley along with our current creative art therapist Lilian Brzoska and Chair Jennifer Wilson.

The office and resource centre will now have flexible opening hours, but please be assured in the knowledge that, if you leave a message on the answering machine, or email the office, someone will get back to you within a couple of days.

I hope you will continue to support the organisation and that the organisation can continue to support you.

Dianne x



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Competition Winner

Congratulations go to Andi Paddon for returning our short questionnaire and getting her name picked out of a hat.

Andi won 2 free child tickets to either Edinburgh Zoo or the Highland Wildlife Park.

We hope you and your family have a wonderful day out.





Common pesticides 'could double risk' of ADHD in children

Children exposed to chemicals used on crops and in household products could have a higher risk of attention deficit disorder, according to US research.

Researchers tracked pesticide breakdown products in children's urine and found those with high levels were almost twice as likely to develop ADHD as those with undetectable levels.

The findings were based on data from the general population, meaning that exposure to the pesticides could be harmful even at levels commonly found in children's environment.

'There is growing concern that these pesticides may be related to ADHD', said study researcher Mark Weisskopf from Harvard. 'What this paper specifically highlights is that this may be true even at low concentrations'.

Mr Weisskopf said organophosphates have been linked to behavioural symptoms common to ADHD—for instance, impulsivity and attention problems—but exactly how is not fully understood.

Although the researchers had no way to determine the source of the breakdown products they found, Mr Weisskopf said the most likely culprits were pesticides and insecticides used on produce and indoors.

Weisskopf and colleagues' sample included 1,139 children between 8 and 15 years. They interviewed the children's mothers, or another carer, and found that about 1 in 10 met the criteria for ADHD. However, those with above-average levels of a common product called dimethyl triphosphate had double the risk of ADHD than those without detectable levels.

'That's a very strong association that, if true, is of very serious concern', said Mr Weisskopf. 'These are widely used pesticides'

He emphasised that more studies are needed, especially following exposure levels over time, before contemplating a ban on the pesticides. Still he urged parents to be aware of what insecticides they were using around the house and to wash produce.

'A good washing of fruits and vegetables before one eats them would definitely help a lot', he said.

www.dailymail.co.uk

21st May 2010

THE AMAZING CUCUMBER

- Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers and explorers for quick meals to thwart off starvation.
- Have an important meeting or job interview and you realise that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.
- Out of WD40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and hey presto, the squeak is gone.



DISCLAIMER

We believe that ADHD is a complex issue, and that everyone experiences it in a different way. Whilst all information in this newsletter is given in good faith, Attention Fife cannot accept any liability.

If you are considering making changes to your child's diet or trying holistic therapies we would strongly recommend you discuss your intentions with your GP/Consultant, particularly if your child is on prescribed medication.

For more information, support, and access to personal recommendations from other families, please phone the Resource Centre on 01592 267858.

We would welcome feedback from your own experiences,



LISTEN

When I ask you to listen to me
and you start giving advice,

You have not done what I asked.

When I ask you to listen to me
and you begin to tell me why I shouldn't feel that way,

You are trampling on my feelings.

When I ask you to listen to me and you feel you have
to do something to solve my problem,

You have failed me, strange as that may seem.

Listen! All I asked was that you listen

Not talk or do—just hear me.

Advice is cheap: 10 cents will get you both Dear Abby
and Billy Graham in the same newspaper.

I can do for myself; I'm not helpless

Maybe discouraged and faltering, but not helpless.

When you do something for me that I can and need to
do for myself,

You contribute to my fear and weakness.

But, when you accept as a simple fact that I do feel
what I feel, no matter how irrational, then I can quit
trying to convince you and get about the business of
understanding what's behind the irrational feeling.

And when that's clear, the answers are obvious and I
don't need advice.

Irrational feelings make sense when we understand
what's behind them.

Perhaps that's why prayer works, sometimes, for some
people

because God is mute, and he doesn't give advice or try
to fix things

'They' just listen and let you work it out for yourself.

So please listen and just hear me.

And, if you want to talk, wait a minute for your turn;
and I'll listen to you

Anonymous



Raviv Scotland

Although we have not had any direct experience of the effectiveness of this programme, we are including this article for those who wish to do their own research.

Raviv is becoming known as one of the most exciting approaches to helping children and adults overcome learning difficulties such as:

- Dyslexia (reading)
- Dyspraxia (motor skills)
- Dysgraphia (writing)
- Dyscalculia (maths)
- Stress Management (exams)
- Short and long term memory
- Attention Deficit (Hyperactivity) Disorder
-

Key features include:

- Develops new basis for learning rather than teaching coping techniques
- Focused and swift
- Typically less than 6 months hence very cost-effective
- Improvement continues after completion of programme
- Exercises are simple and fun

Improvements can be found in other areas of life.

Raviv is a focused and rapid intervention programme for correcting learning and attention difficulties suitable for children and adults. It helps to develop new structures in the brain and, therefore, provides a basis for improved learning, free from the difficulties previously experienced.

Weekly one-hour sessions are tailored to suit each person's specific needs

The client will build on the improvements in the areas of difficulty that will then help develop self-confidence and a renewed sense of self-esteem.

For more information, check out their website:

www.ravivscotland.co.uk



Parent Support Groups

All parent support groups have been cancelled for the present time.

However, If you still want to meet up with other parents and carers on a regular basis, we will be holding coffee mornings at our resource base in Kirkcaldy on the first Wednesday of every month between 10am-12noon.

Please note, however, that there will be no meetings over the summer holidays.

The next coffee morning will take place on Wednesday, 8th September 2010.

RECIPE

Gluten & Wheat Free Lemon Poppy Seed Sponge

Ingredients:

- 125g white self-raising flour blend (Doves farm)
- 100g caster sugar
- 100g butter
- 2 eggs
- 1 lemon
- 3 tbsps lemon juice
- 1 tbsps poppy seeds
- 1 tbsps icing sugar

Method:

Place the flour, butter, sugar, eggs, lemon juice, rind and poppy seeds into a bowl and beat really well.

Pour into a greased and lined 500g/1lb baking tin.

Bake in a pre-heated oven (180 C/ 375 F/ Gas 5) for 45 minutes.

Turn out onto a wire rack to cool.

When cold, dust with icing sugar.



Distinguishing Between ADHD and the Bright Child

Your child is seemingly inattentive at school, deeply unhappy and highly disruptive in class. School reports say that your child is not working to their potential, does not finish assignments, and frequently puts down answers without showing how they got there.

Handwriting and spelling is poor; answers are shouted to questions all the time, or they may be permanently day dreaming and inattentive. Your child is also described as fidgeting all the time, and is disrupting class by distracting other children.

There is clearly something wrong, but what? In a bid to find an explanation, ADHD may be mentioned by parents or teachers. But is this the only possible explanation, or are there other potential causes?

The first possibility that must be ruled out is 'giftedness', or in other words, an exceptionally bright child.

A gifted child is likely to show the following behaviour patterns:

Poor attention span in class; becomes easily bored with a task or project; has a propensity for daydreaming in specific situations; becomes irritated by tasks that appear irrelevant to them; intellect develops faster than their ability to make judgements, resulting in apparently impulsive behaviour; frequently challenges anyone in authority; is highly active and may need little sleep; questions rules and regulations.

It is often very difficult to distinguish giftedness from behaviours that can be shown in ADHD. Exceptionally bright children will frequently appear distracted and inattentive. Because they are permanently bored and frustrated, they can get angry easily and lash out at classmates. Whilst waiting for classmates to catch up they can become disruptive. So how can you tell the difference between the ADHD and a very bright child? There are a range of markers that you should consider.

A gifted child may take one third of the time to complete a set of tasks than their classmates, leaving considerable amounts of time for diversion of their attention to disruptive behaviour. In the early stages, it is likely that they will frequently get answers right. However, when left for too long, a hatred of learning and school can develop that results in a child falling behind in subjects that are not sufficiently intellectually challenging. Gifted children will frequently become hyperactive and disruptive when they are asked to complete tasks that are far below their ability level.

A very bright child can split their attention and focus on multiple things at once, with the result that correct answers are readily given even when they do not appear to be paying attention in class.

www.addandadhd.co.uk

Chemical Sensitivities & ADHD

Toxic chemicals, such as insecticides, weed killers and diesel fumes pollute our air, soil, food and water and adversely affect our health. Natural gases, cleaning fluids, scents, tobacco smoke and other chemicals may pollute your indoor air. These chemicals can make your child miserable. They can cause sneezing, coughing, asthma, aching muscles and joints, numbness and other nervous system symptoms. What may surprise you is that chemicals may cause some children to be irritable, inattentive, spacey, aggressive, depressed or hyperactive.

Here is Jimmy's story as told by his mother. 'Jimmy is sensitive to many different chemicals. Some reactions are obvious, others are rather subtle. For example, as soon as Jimmy gets in a swimming pool that has chlorinated water, his nose streams so badly that everyone moves away from him! He sneezes over and over.



When he gets out the pool, he's irritable and depressed. Needless to say, he hates swimming, although he likes to go in the water at the lake. Exposure to fresh paint gives him severe headaches. Perfume and scented products make his nose run and he's more hyperactive. Jimmy loves the smell of gasoline. If allowed, he would like to get out of the car at the gas station and get a really good fix at the pump. Afterwards, he "bounces off the wall". Limiting Jimmy's exposure to these chemicals is really important to keep him healthy and calm'.



Here are some questions for you to answer about your child:

1. Did their symptoms begin or worsen after moving to a new home, or going to a new school or one undergoing renovation?
2. Does your child crave the smell of certain chemicals?
3. Does your child feel or act better in unpolluted places (in the country, in the mountains, or near the ocean)?
4. Does your child show physical or behavioural symptoms when they are exposed to:
 - a) A chlorinated swimming pool?
 - b) Perfume at social gatherings?
 - c) Cigarette or pipe smoke? Does anyone smoke in your house or car?
 - d) Fresh paint?
 - e) Household chemicals?
 - f) Recently manufactured plastics, such as a new shower curtain, lampshade, place mat or car?



If you answered yes to any of these questions, chemical sensitivity may play an important role in causing your child's health and behaviour problems. You will need to play detective and observe your child while they are exposed to various chemicals. Keep a written diary of potential chemical troublemakers and how your child is acting and feeling.

For more information about chemical sensitivities, check out '12 effective ways to help your ADD/ADHD child' by Laura Stevens, published by Penguin Putnam. You can borrow it from our library or you can order it online or from your local book store.

ADD/ADHD Online Newsletter

Guide to Self Management of ADHD



If you have ADHD, the thought of organising anything is a major hurdle and many adults with ADHD find that life can be overwhelming. They are more likely to be in and out of work, live in a disorganised home, eat irregularly and not very healthily, sleep at odd times, never have clean clothes when they need them and so on. Having a very well organised partner can compensate but adult ADHD sufferers find it more difficult to build strong and stable relationships.

Make sure the people that you know—your family and your close friends and people at work know more about ADHD. Perhaps you have never mentioned it so some people? If those closest to you are more aware of why you have problems, they are more likely to offer to help.

Erratic behaviour goes with ADHD but you can impose some control that will help you deal with this better as an adult. Make it a golden rule to go to bed at the same time every night and have strictly the same bedtime routine. Most people find life much more difficult to cope with if they are not getting enough sleep. Being constantly tired can make your timetable even more erratic. Change that today and, whatever else needs doing, leave it and establish a bed time pattern.

You also need to set a timetable for eating meals to make sure you don't get so hungry you eat the nearest fast food or junk food available. Improving the quality of food you eat will help you maintain a better balance of nutrients and you will feel generally better. It is also important to fit in some exercise—is it possible to walk to work, or walk in your lunchtime at work? Physical activity, particularly if you can be outside as well can help you control your mood and fend off feelings of restlessness, stress and hyperactivity.

People build up clutter in their lives without having ADHD but if you find it difficult to find things, you miss paying bills and you forget to buy milk and bread all the time, you need to set up new ways of doing things. This is not a quick fix process—try to change just one thing at a time. Set aside a weekend to do two hours sorting with something you enjoy afterwards as a reward. It is best to spend several shorter periods of time sorting things out then trying to do it all at once.

Most people keep lists and those with ADHD can benefit hugely by having a daily list of things that need doing. You don't have to remember so much—just have a small notebook and take the list around with you to refer to during the day.

www.addandadhd.co.uk



We would be delighted to welcome any parents, or fellow workers, who would like to pop into the Resource Centre on Wednesday, 30th June 2010 between 11.30am-4pm for refreshments, to say their goodbyes to Dianne on her leaving day, and meet the new faces who will be manning the fort for the time being.

Barbara



Attention Fife would like to wish everyone a lovely summer