

ATTENTION Fife
An Holistic Approach to Attention Differences

ATTENTION FIFE

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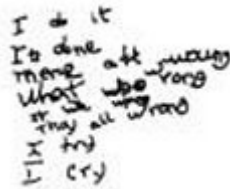
Vision, Learning and Dyslexia

Binocular instability and visual stress
Optometrist Dorothy Crystal BSc(hons)MCOptom.

What is Dyslexia?

People with specific learning difficulties have problems with certain areas of academic performance, yet do well in other subjects and can have above average intelligence. The most common type of specific learning disability is reading difficulty, often called dyslexia. About 10% of the UK population have some form of dyslexia. About 4% are severely dyslexic, including some 375,000 school children. Dyslexia affects all kinds of people regardless of intelligence, race or social class. Leonardo Da Vinci and Einstein are both thought to have been dyslexic.

Dyslexic children are usually poor at spelling and may be intelligent in conversation but have trouble with written language. This can cause them to under-achieve at school.



Vision and Dyslexia

The most common visual problems in dyslexia are a reduced ability to focus close-up and poor unstable co-ordination of the two eyes (binocular instability). Binocular instability would not normally be detected in a traditional eye test.

A child with dyslexia, Dyspraxia, or suffering from Aspergers Syndrome or from Autism, may benefit from being assessed for binocular instability because restoring binocularity can help reading. Even people with a mild specific learning difficulty, perhaps not bad enough to be called dyslexia should be checked for binocular instability.

In the UK about 100 UK registered optometrists specialize in eye conditions relating to dyslexia. Their services are not yet available under the National Health Service, even for children.

Go to page 2 For more details.



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Vision Therapy

Vision therapy is the name for a treatment plan to improve visual efficiency and visual processing allowing a child to be more responsive to educational instruction. Of course, there is no direct cure for learning disabilities or dyslexia, however, Eyecare-Plus have seen children in their clinic where vision therapy has produced significant educational gains. These children are not only achieving more but

are more confident generally. Parents have said it's like living with a different child.

Dorothy Crystal runs a special clinic for the optometric assessment of people with learning difficulties from Eyecare-plus in Edinburgh. She is happy to report her investigations, outcomes and recommendations to people such as occupational therapists, educational psychologists and audiolo-

gists.

The initial consultation costs £60 but treatment thereafter may be covered by the NHS.

Check out their website on www.eyecare-plus.co.uk

If you are interested in this treatment, please contact us as we may be able to help with costs.

Did I read that sign right?.....

Toilet out of order.

Please use the floor
below



In a Laundromat:

Automatic washing
machines:

please remove all your
clothes when the light
goes out

In a London department store:

Bargain basement
upstairs



ADHD under-diagnosed in girls

Article taken from 'Foods Matter' magazine; February 2007

The newsletter of the Hyperactive Children's Support Group recently reported on research from 1999 (Biederman J et al. Journal of the American Academy of Child and Adolescent Psychiatry) which studied a large group of girls both with and without ADHD.

David Rabiner; PhD, Senior

Research Scientist at Duke University who runs a research update site on www.helpforadd.com comments that 'the results of this study make clear that ADHD in girls is as serious a condition and has just as negative impact on children's functioning and ad-

justment as it does in boys'. Overall, the correlation of ADHD in girls were remarkably similar to what is known to be true for boys. Among the few differences found were that girls were less likely to be diagnosed with oppositional defiant disorder or conduct disorder than boys and more likely to have problems related to

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Rates of mood and anxiety disorders, and impairment in academic functioning appeared comparable.

The lower rates of disruptive behaviour problems, along with the preponderance of inattentive rather than hyperactive symptoms, may partially explain why ADHD in girls may often not be recognized.

However, the authors stress that clinicians need to be aware that, despite their lower rates of disruptive

disorders, ADHD in girls is a serious condition associated with impairment in multiple areas of children's functioning. There is no reason to assume that the treatment of girls with ADHD should be any less aggressive or comprehensive than that of boys.

Parents need to be aware that almost 50% of girls with ADHD also had at least one other diagnosable disorder. It is thus essential that evaluations of girls for

ADHD take a broad look at their emotional, behavioural, social, and academic functioning. Given the possible increased risk of substance use in girls with ADHD, this may be an area that is especially important for parents to monitor.

For more details on the research

www.helpforadd.com/girls.htm

For more information on the

Hyperactive Children's Support Group

www.hacsg.org.uk

You know you are living in 2007 when.....

You accidentally enter your password on the microwave



You haven't played solitaire with real cards in years



You have a list of 15 phone numbers to reach your family of three



Better child

To whom it may concern...

"I am writing this letter to tell you about a few things that have helped my son and myself cope with his ADHD. I believe that diet does affect the way they behave. I have also got my son to take vitamin supplements and his problems seem to have settled down significantly. One of the big problems I had was

my son being afraid of the dark but with some hard work on his routine and after seeing Jenny, the Homeopath, and getting a remedy from her he is now sleeping with no lights on upstairs at all. All these things take time, patience and perseverance but you can get to a point where your family life can be calmer".

I hope this letter helps you realize that things can get better.

(Parent actively involved with Attention Fife for a number of years)



If you would like to share your experiences with others, please drop us a line.

Parent Support Groups

Dates and details of your local group as follows:

Dunfermline: 10am-12noon

Wednesday, 28th March 07

At the Tower House,
Dunfermline

Kirkcaldy: 10am-12noon

Wednesday, 9th May 07

At Hunter House,
Kirkcaldy

Levenmouth: 10am-12noon

Friday, 30th March 07

At The Centre
Leven

St. Andrews: 10am-12noon

Thursday, 22nd March 07

At the Rose Lane Centre,
Families First,
St. Andrews

Glenrothes: Date and time of next meeting to be confirmed.

Congratulations to Kerry Black for organizing yet another very successful quiz night in February.

Kerry managed to raise a whopping £660, which will be used for the Dunfermline groups' summer trips.

Thanks should also go to everyone who supported this event. Without you, it wouldn't have been the success that it was.

Special Discovery—New Vitamins Children Need

We all know about the vitamins A to K, which we need in our daily diet to thrive and grow. It is rumoured that scientists have recently discovered some more vitamins which are just as essential, one of which is:

Vitamin N for Nature: Make chances for your children to experience total



non-human environments. For little kids, a back yard will do—lots of wild insects and crawlies, bird attracting shrubs and trees. But whenever you can, get into the bush, and go to the beach. Watch sunsets. Camp out. Closely related to Vitamin S for Spirituality, sometimes available at

churches, temples, mosques and similar.



RECIPE

Blackcurrant & Lychee Smoothie

Ingredients:

- 1 apple
- 1 orange
- 6 lychees
- 1/2 banana
- 16 blackcurrants

Method:

Cut the apples into wedges and juice them. Squeeze the orange and put both apple and orange juice in the blender. Peel and stone the lychees and peel and



chop the banana. Pop everything into the blender, whiz and serve.

Serves 2

Books Recommended & Available from Resource Library:



- **Don't Feed the Monster on Tuesdays.** By *Adolph Moser*. A child friendly book about anger management. "My 10 year old son enjoyed it. Thought it looked too young for him, but I think the message got through. It was helpful, easy to read, and had good content; I liked it".
- **How to Handle a Hard to Handle Kid.** By *C. Drew Edwards*. Parenting Strategies. "Very good information. It was helpful, informative and had good content."

The answer to the word search in our Winter Issue is:

"Attention Fife wishes everyone a Merry Christmas"

"Obstacles are those frightful things you see when you take your eyes off your goal"

Anon

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 Dianne or Barbara at the Resource Centre on 01592 267858.

We would welcome feedback from your own experiences, which we could then share with other.

**Don't forget to put your clocks forward on
Sunday, 25th March!!**

