KEEPERS

TIPPING POINTS

from "Know the Tipping Points" by Phillip Anderton, PhD, and Stephen Brown, Attention, June 2009

The following are critical times when a young person with AD/HD has a higher than average chance of becoming involved in behaviors that have negative, even harmful outcomes:

- rejection and group exclusion at school
- transition from junior high to high school
- exclusion from school, whether temporary or permanent
- mixing with older children
- early and continued smoking of cigarettes
- first contact with the criminal justice system
- difficulties with achievement
- the first job

Appropriate and timely interventions at these "tipping points" can help to steer the young person in a more positive direction





SPORT AND AD/HD

from "On the Move" by Karen Sampson, MA, Attention, June 2009

- For some people with AD/HD, participation in a sport can help improve symptoms and build self-esteem.
- > Individual, self-paced sports are often recommended for people with AD/HD over team-based sports.
- > Sports for children and adults with AD/HD to try include
- golf
- running
- horseback riding
- martial arts
- swimming
- cycling
- wrestling
- bowling figure skating
- gymnastics



MORE ONLINE INFORMATION

MTA Study

Go to In the News at chadd.org "Media Coverage on

Effective Treatment" **CHADD Leadership Blog**

- ► March 27, 2009 "Medication Treatment for AD/HD"
- ► April 23, 2009 "Media's Rush to Publish Can Mislead Parents"

Institute of Medicine Prevention Report

Go to Influence Policy at chadd.org

"IOM Issues Report"

CHADD Leadership Blog

"Preventing Disorders Among Young People" April 8, 2009

Health Insurance Coverage for AD/HD

Go to Influence Policy at chadd.org

- ➤ Various items under "What's New" and "Healthcare"
- ► "AD/HD Treatment Coverage Problems in Health Insurance" by E. Clarke Ross, Attention, April 2002

OWNERSHIP AND EMPOWERMENT

from "Enhancing Ownership and Empowerment in Preteen Children with AD/HD" by Aden Burka, PhD, Activities to promote ownership and empowerment include:

A+ Attention

- Challenge children to pay their best attention (A+) for one minute.
- Present information.
- Quiz how many facts they remember.
- Ask them what attention strategies they used.
- Offer observations.
- Ask them to draw a picture of themselves using A+ attention.
- Use pictures to reinforce and prompt use of A+ attention.
- Parents and teachers can collaborate to support skills.

Dialing It Up

- Make attention dial showing High, Medium, Low, and Off settings.
- Discuss and clarify with children that different situations need different types of attention.
- Use dial to discuss with children dialing up their attention in different situations.

My Reaction to Distraction

- Give children a list of distractions.
- Ask them to circle those that occur most frequently.
- Role-play situations and practice asking for help to deal with distractions.

