Safe driving Rules for Teens with AD/HD

1. Take medication as prescribed.
2. Record log entry every trip.
3. While driving
   - Keep music low
   - Preset radio stations
   - No eating
   - No other teens in the car
   - Absolutely NO alcohol

Driving Log for Teens with AD/HD

Keep track of the following:
- destination
- route/miles
- contact name and phone number
- time out and time returned
- odometer
- medication compliance

Strategies for Managing Problem Behaviors

1. Maintain a disability perspective.
2. Establish a parental division of labor.
3. Establish daily routines.
4. Make your home AD/HD-friendly.
5. Teach organizational skills.
6. Communicate clear behavioral expectations.

Losing Perspective?

Warning signs you might be losing a disability perspective:
- You ask child "why" he/she behaved inappropriately and expect an answer.
- You get frustrated with child's behavior and forget change is gradual.
- You take child's misbehavior personally.
- You try to determine which behaviors are due to AD/HD, and which have other causes.
- You think child needs a firmer hand and fewer rewards.

Savvy Summer Camp Search Tips

1. Start searching early.
2. Review camp options.
3. Evaluate child's strengths and weaknesses and consider special needs.
4. Get child's input.
5. Do your research. Recommendations from other parents, teachers, physicians

Visit helpful Web sites:
- www.acacamps.org
- www.schwablearning.org
- www.mysummercamps.com

6. Explore scholarships and alternate funding.
7. Contact camp directly and ask questions before making selection.
8. APPLY EARLY for admission and any needed funding!

LIFECYCLE EVENTS

Tips for Parents

Empower your child. The lifecycle event is your child's, not yours. Your child deserves a major say but must also take major responsibility.

There is a difference between planning and obsessing. Too much pressure for too long will do in any child—special needs or not. Limit last minute errands and don't plan on *any* last minute new learning. Repetition and relaxation are key.

Selectively share the situation. Adolescent years can be especially difficult for kids with special needs who desperately want to fit in. If your child does not want to share his/her information, respect that.

Enjoy! The audience at a lifecycle ceremony is the least critical audience in the world, and they are already sure the child will be wonderful.

Tips for Students

Believe in yourself. Measure success by the level of effort you expend and your commitment.

Be your own advocate. Speak up when something does not make sense. People do not look down on you for advocating for yourself—they respect you for it.

Enjoy! It is natural to be nervous, but keep in mind that on the day of your ceremony those in the audience already know you are wonderful.

HOLIDAY SANITY

Start early, break tasks into smaller jobs, and delegate whenever possible.

Children don't remember gifts; they remember family traditions.

Change expectations so the holiday works for you—not the other way around.

Less is more when it comes to the things that fulfill us during the holidays.

We thought readers might appreciate a snip-and-save section of useful tips and information from the articles in this month's issue of *Attention*. Let us know what you think of this new department—e-mail us at attention@chadd.org.