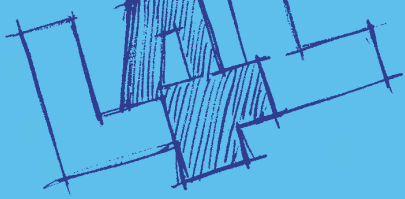


Lessons 4 Life



lessons 4 life

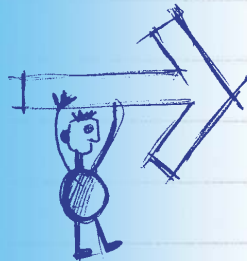
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adhd

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Every child has a right to be included socially

Going to birthday parties, playing for the local football team and joining the boy scouts are all activities that make up a normal, healthy childhood. However, as parents of a child with ADHD you probably know a very different story. ADHD causes children to be impulsive, hyperactive and inattentive. As a result, they are often excluded from normal social activities from a very young age. Exclusion can have negative effects which can get worse later in life if issues are not addressed early on by parents and teachers.

Social exclusion can show itself in many different ways. For children with ADHD, it often means being in trouble at school, not being allowed to join in games, finding it difficult to keep friends and not being invited to birthday parties or school activities. Your child could end up being teased, bullied or even provoked into acting up in front of their classmates. As a result, these children often feel left out and 'different' from their peers, which can lead to low confidence and self-esteem.

By identifying the problem areas early on and using the right techniques such as the tools provided in this booklet or strategies from your doctor or nurse, you may help your child work towards overcoming the barriers of social exclusion.



Best Friends 4ever

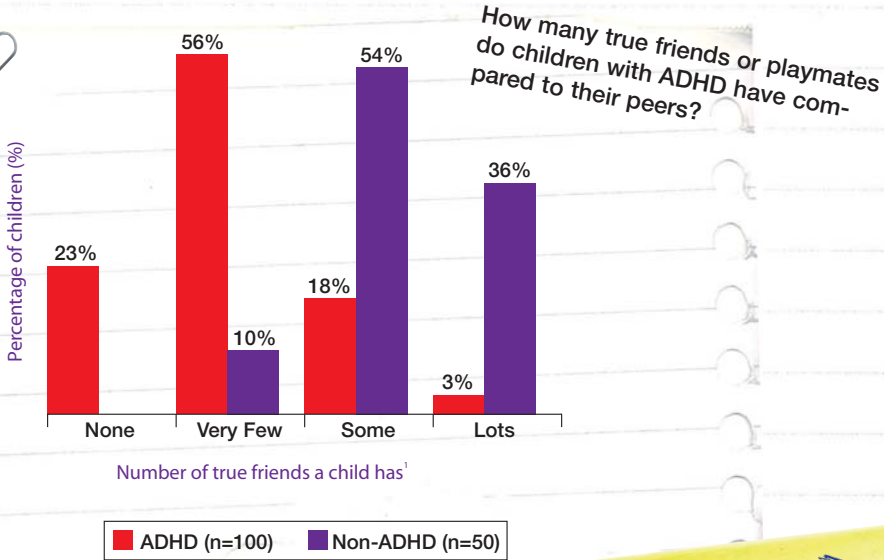


Social Exclusion: A Widespread Issue



A recent survey sponsored by Eli Lilly and Company Limited into social exclusion compared the views of 100 parents of children with ADHD against those of 50 parents of children without the condition.

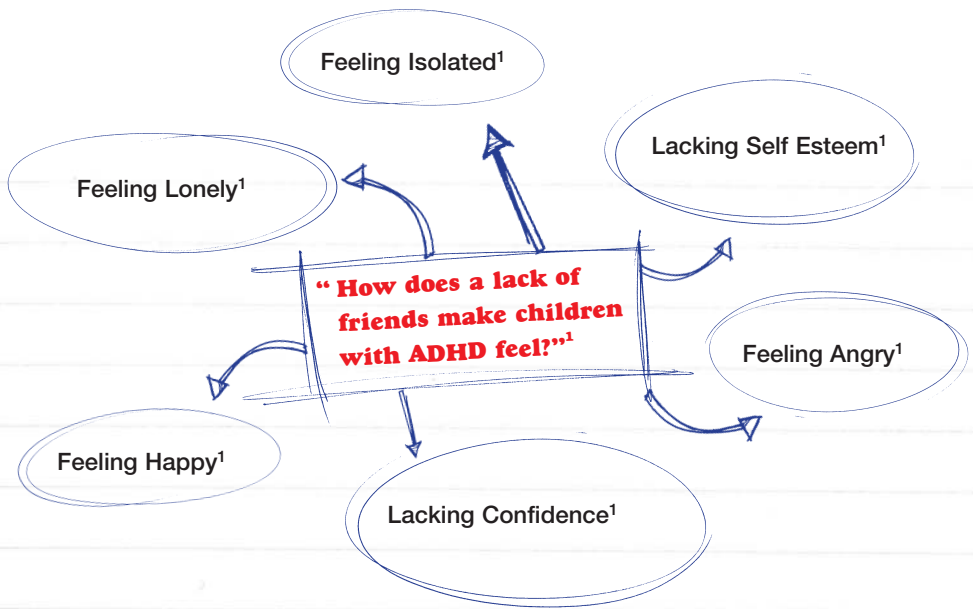
“Only 12% of children with ADHD are good at maintaining friendships”¹



Having difficulty creating and maintaining friendships can have a negative impact on how a child feels about themselves. This can lead to a child lacking the skills and the confidence they need to become socially accepted.

“53% of children with ADHD play alone most of the time, compared to 12% of children without ADHD”¹

“On average, a child with ADHD is only invited to another child’s birthday party once in every six months, which could result in them feeling upset and rejected”



When you are talking about your child's ADHD with their doctor or nurse, take the opportunity to explain how it affects the way your child feels about him or herself and how it affects relationships with friends and family members. This will help your healthcare professional to put together a treatment plan to address all the challenges your child may face, not just the most obvious symptoms.

“Healthcare professionals may not always look at the wider effects that ADHD can have on a child's quality of life, instead focusing more on managing core symptoms like hyperactivity and inattentiveness. The negative effects of social exclusion (such as isolation and depression) on children with ADHD are widely underestimated, although with the right management strategy, children can build their self-esteem and learn the skills they need to cope in social situations.”

Dr Anne McClure, Consultant Child and Adolescent Psychiatrist

Football Practice
7-30

Our Story



Charlotte, mother of Tim* who has ADHD:

"We tried all the standard after school activities with varying success. Those with a physical element worked better and helped to burn off some of his excess energy. Eventually Tim discovered two particular activities that he could participate in with other children. The first was Scouts - this provided structure combined with lots of outdoor activity. Tim's Scout leaders took a real interest in understanding the nature of his condition which made his experience so much more pleasurable.

"About the same time Tim discovered music. As a singer he's had to master the ability to focus on one task at a time. Since he started doing live performances he's received loads of positive feedback (and a huge female fan base!). Now his confidence and self-belief have really blossomed. All his energy is channelled into his singing and his love of performing has led him to study Performing Arts at A-level - he is an inspiration for what can be achieved."

Music
Lesson
↓
5:30

Tim*, age 16 years:

"ADHD is not something you can just turn on and off; it affects all parts of your life. As a child I felt like I didn't really fit in with the other kids. Luckily I was never bullied, but I know this can be a problem for other kids with ADHD. However, I was made fun of and some kids tried to make me act up. I'd just end up in trouble which upset me because I tried so hard not to let my mum down.

"Having a hobby like singing has really helped me turn my life around. It used to be a hobby but is now turning into paid work. I'm earning money in local pubs and clubs and am now an act in my own right. As I've grown older I've learned how to manage my condition much better through behavioural therapies and treatment and hope other children don't have to suffer like I did whilst growing up with ADHD."

Is Your Child a Social Star?

When it comes to social skills, it can be very difficult to know how your child compares to other children their age.

The following statistics¹ show the differences between children with ADHD and children without the condition. How does your child compare?

Social Opportunities (children aged 5-16 years)	Child with ADHD	Child with- out ADHD
Average number of true friends a child has	3	6
In a six month period, the number of times a child has...		
Been invited to a birthday party	1	5
Been invited to a friend's house	8	20
Had a friend round to your house	16	29
Participated in a school club / group	7	19
Participated in an outside school club / group	13	27

If this table highlights any areas where your own child is struggling, try the top tips overleaf or use the Social Achievement Wheel for help, and don't hesitate to talk to your doctor or nurse about possible solutions.



Learning Key Life Skills

If you want something in your life to change, you have to do something different.

Gladeana McMahon, Personal Development Coach

The problem of social exclusion for children with ADHD can often seem like a major barrier. However, by addressing one obstacle at a time using recognised techniques, you can help your child overcome the hurdles standing in their way. The following tips will help your child build confidence so that they may approach social situations previously avoided for fear of being rejected.

Tip 1 Love: Show your child affection on a regular basis either by hugging them or telling them what a proud parent you are. This will help your child to recognise that even when his or her behaviour has not been ideal, it will not weaken your relationship.

Tip 2 Positive feedback: Avoid being overly critical as this damages confidence. Give praise not just for success, but for effort too. Focus on your child's strengths and use statements such as, "I know you find it hard to sit still, but you are really good at making people laugh".

Tip 3 Acknowledge your child's feelings: The more you encourage your child to express their feelings, the easier it is for them to communicate how they feel in certain situations. One way of helping your child do this is with statements such as, "I felt sad when..." or "I felt angry when...". If a child sees you are prepared to express your own feelings then he or she will model their behaviour from you.

Makes homework?

2, 4, 6, 8, 10, 12, 14
3, 9, 27, 81, 243, 729

Remember

Life is not a dress rehearsal, you only get one chance so make the most of it.

Tip 4 Maintaining your child's friendships: Making friends plays a big role in building your child's self-esteem and confidence. It is important that you encourage your child to be open and honest about their ADHD as this will help others understand and not judge. Children can be cruel but they can also understand if they know someone has a problem.

Tip 5 Encourage independence: Encourage your child to take chances and try new things. For example, if your child is going to a birthday party, explore possible scenarios that could happen. For example, "If Neil wants to play pass the parcel and you don't feel like taking part what could you say?" This will encourage your child to think about the impact of his or her actions.

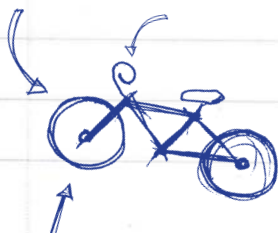
Tip 6 Use stories: Teach your child about important issues by thinking of 'non-threatening' ways of getting your message across. If your child has problems making friends then tell them a simple story about a child who had the same problem and how they overcame it with a positive ending. You could also try using dolls or drawing pictures with younger children as a way of reinforcing your message while still making it fun and enjoyable.

**Change takes time and practice;
there are no fast cures.**



Reviewing Your Child's Progress

In addition to the different behavioural therapies available, many children are also prescribed medications to help treat their symptoms of ADHD. At your next review, it may help to discuss with the doctor or nurse who treats your child's ADHD if certain activities are difficult for your child, such as getting up and ready for school, doing homework or going to bed.



$$\begin{array}{r} 151 \\ 72 \\ \hline 148 \\ \hline 271 \end{array}$$



Social 'Hot Spots'

- The table below highlights key challenges that many children with ADHD face during different times of the day
- Spin the wheel to reveal hints and tips for overcoming these difficult times from Life Coach Gladeana McMahon
- Come up with goals you'd like to see your child achieve throughout the day and record them in the table below
- Keep this table and the Achievement Wheel in a visible spot to help you and your child remember to set small challenges throughout the day and feel rewarded by your achievements

Time	Hotspot	Challenge	Your Goal
08:00	Getting ready for school	<ul style="list-style-type: none">• Difficulty in getting ready• Finding books for school• Packing school bags	The answers may be simple: • "Pack your bag night before"
09:00	First lesson of the day	<ul style="list-style-type: none">• Difficulty concentrating on schoolwork• Avoiding disrupting others	
11:00	The playground	<ul style="list-style-type: none">• Problems making and retaining friends• Feeling excluded by other children	
13:00	Extra-curricular lunchtime clubs	<ul style="list-style-type: none">• Difficulty participating in extracurricular activities or after school clubs• Maintaining the required attention span	
18:00	Family dinner	<ul style="list-style-type: none">• Seeking attention• Constantly fidgeting• Not participating in family conversations	
19:00	Playtime with siblings	<ul style="list-style-type: none">• Difficulty playing together• Not waiting to take their turn at games• Constantly fighting	

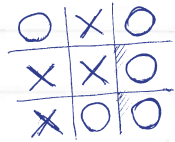
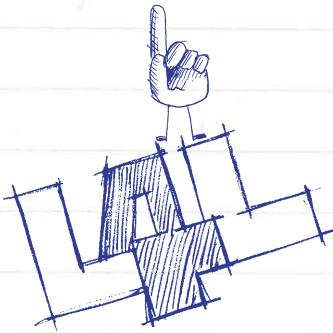


"By focusing on specific activities such as playing with siblings or joining an after school club, children with ADHD can gradually build both the skills and confidence to make friends and be accepted by children and adults in society."

Dr Anne McClure, Consultant Child and Adolescent Psychiatrist

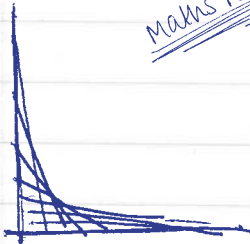
If you are still experiencing difficulties with your child after trying the suggestions above, please get in touch with the doctor or nurse who treats your child's ADHD to discuss this.

Social Achievement Wheel



Makes homework?

$$\begin{array}{r} 151 \\ 72 \\ \hline 48 \\ \hline 271 \end{array}$$



Further Sources of Help

As well as the doctor or nurse who treats your child's ADHD, there are many ADHD support groups across the country that can help. To find the one nearest to you, contact ADDISS, The National Attention Deficit Disorder Information and Support Service:

Website: www.addiss.co.uk

Phone: 020 8952 2800

Fax: 020 8952 2909

Address: ADDISS, PO Box 340, Edgware, Middlesex, HAN 9HL

'The social exclusion of children with ADHD is an important issue and the statistics within this booklet mirror the findings from the recent ADDISS Families Survey.² ADHD will always bring challenges and we encourage parents to seek the very best help available. In addition to discussing all your concerns with your specialist we recommend getting in touch with local ADHD groups who can provide support and advice.'

Andrea Bilbow, Founder of ADDISS

There is a wealth of useful information on managing ADHD at www.adhdmatters.co.uk. This website is sponsored by Eli Lilly and Company Limited.

We hope that you have found this booklet useful and feel encouraged to help your child overcome social barriers and reach their full potential in life.

Any feedback you may have on this booklet would be greatly appreciated. Please email your comments or requests for additional copies to info@adhlessons4life.co.uk. This service is sponsored by Eli Lilly and Company Limited.

References

1. Ipsos Health: ADHD Lessons 4 Life Research UK. August – September 2006. Research conducted on behalf of Eli Lilly and Company Limited
2. ADDISS Families Survey, ADDISS August 2006