

## They're Driving Me Crazy:

### How to Manage ADHD at Home and in School TeleChat

Includes web audio recordings and handouts with worksheets, links for more information, checklists, action plans, personal inventories, resources, "Stuff to Remember" fill-in-the blanks, and Brain Gym® "how to's" with full color photographs.

Sign up at <http://www.ADHDChildrenToday.com/Telechats.htm>

#### TeleChat Schedule of Topics Covered

##### Session One: The ADHD Epidemic. What is It, Who has It, and What're We Doing about It?

- What it is and what it isn't: Several theories about ADHD
- Who has it? How many?
- Update on drugs: Pros and cons
- Mini-brain lesson as relates to ADHD
- Recent research on ADHD
- What we don't know about ADHD
- Special accommodations at school and the Americans with Disabilities Act
- What it's like to have ADHD
- Famous People with ADHD
- Recommended Resources

##### Session Two: How Do You Get ADHD?

- Environmental Factors at home and in the classroom
- Nutritional Factors and Allergy Factors
- Lifestyle Factors including too busy and over-stimulated without enough sleep; TV and Video Games; and lack of exercise and movement
- Emotional and stress-related Factors including Fear
- Genetic Factors
- Boredom, Don't fit in, Always causing trouble, Weird, Think outside the box
- Genius
- Learning Styles, Challenges, and Differences
- Spiritual Factors: Indigo and Crystal children
- Medical Model
  - DSM-IV Criteria
  - Brain Scans
  - Patient History

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### How to Manage ADHD at Home and in School TeleChat cont.

#### Session Three: Shake It Up, Baby: Managing ADHD with Movement

- Brain Gym®
- Dore®
- The Infinity Walk
- Retrain the Brain
- Bal-A-Vis-X
- Zaltsman Exercises
- Brain Breaks for the classroom
- Play, games, and sports (including some that aren't recommended)
- Spinning, swinging, and jumping
- Jacks, Hop Scotch, Jump Rope, and other old favorites
- Yoga, Tai Chi, Martial Arts
- Computer games requiring whole-body movement
- Getting movement into daily life at home

#### Session Four: Success Strategies

- Setting boundaries
- Establishing routines
- Dealing with clutter, piles, and stuff
- Behavioral, environmental and lifestyle changes for school and home
  - How to implement these changes
- Integrating developmental reflexes
- Interactive Metronome®
- Tomatis®
- Brain-based learning & multiple intelligences
- Neurofeedback (bio-feedback)
- Dominant Ear and The Thinking Cap
- Teachers: How to Talk to Parents
- Parents: How to Talk to Teachers