



NEWSLETTER

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STRENGTHS OF AN ADHD CHILD

Typically, a child with Attention Deficit Hyperactive Disorder (ADHD) is always the one who will stand out in the class, at a family occasion or a party. Most often this child is loud, boisterous and full of energy. What people see in this child is his/her inattentiveness, hyperactivity or impulsivity. These are just few of the things he/she gets reprimanded for, at least once, every day. It is important that we realize that children with ADHD face immense struggles to get through each day. But if you look closer, what you will also realize is that they have a number of talents up their sleeves. We often end up overlooking them. Here are some if not all;



DREAMERS WITH A CREATIVE AND ABSTRACT MIND:

An ADHD child is very imaginative. They are brilliant if given a chance to sketch, draw, and paint as opposed to write. Most of them are very good at drama as well. They are the ones who may surprise you with finding some of the most novel ideas and ways of doing things.



HAVE MORE THAN ONE FUNNY BONE:

They are very impromptu, and can crack up everyone around them in no time. These kids generally excel in theatre. They are almost always the center of attention at a party or family event and are hilarious and fun to be around



COURAGEOUS AND READY TO STEP UP:

They are often forth comers and risk takers. ADHD gives them a trait to be daring and always up for a challenge. This quality helps them positively in way such that they are willing to take new chances and learn from a variety of experiences.

FOCUS ISN'T SO MUCH OF THEIR GAME; IT'S MORE ABOUT HYPER FOCUS!:

Another interesting facet to the lives of these children is how they can hyper focus and even sort of zone out in time and space when doing something of their interest.

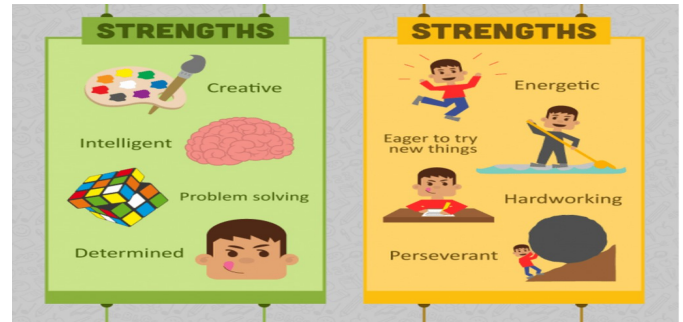
OBSERVANT:

We all know that it is hard for them to attend to tasks for prolonged duration. But what we skip to look at is that these children are extremely observant. Almost nothing goes unnoticed by them.

CURIOSITY KILLS A CAT; BUT NEVER THEM:

They are always curious about what is going on around them, want to know more, ask more and do more.

These are just a few feathers in their hat. They have so much more to their stories and make some of the most amazing, interesting, resourceful and fun human beings to be around. It is our responsibility to help channelize their strengths and cater to them using their inherent abilities so that they can learn, grow and succeed.



“They have so much more to their stories and make some of the most amazing, interesting, resourceful and fun human beings to be around.”

DIG DEEPER, WHEN YOU SEE A CHALLENGING BEHAVIOUR

There is a difference between a tantrum and a meltdown. Imagine a child, at a birthday party he/she may cry his/her lungs out, but immediately stops crying when he gets a piece of cake, now that's not a meltdown. That right there is a child throwing a tantrum. But, this opposed to a child who is genuinely overwhelmed at the birthday, because there was too much noise, or because he/she found an apparently simple game too hard to participate in and was made fun of for the same, or just because he really wanted to win and get a present, and couldn't handle losing. Small things like these, can make the child feel extremely upset, he/she may be inconsolable at the party even after being offered a piece of cake/another present. This is a child who just had a meltdown. No child wants to experience a meltdown. But, with our children not a single day goes by when they haven't had an episode of challenging behavior or a meltdown.

When I say, the child is not choosing to have a meltdown, what I essentially mean is, that there are factors that trigger his/her meltdown each day. There is always a reason for your child's meltdown. The trigger can vary for each child on each day. But every time you see a challenging behavior, make sure to analyze it and get to the root cause. It can have a sensory cause or the meltdown can be purely a behavior. Even if it is a behavior, this negative behavior is your child's way to get your attention, escape a challenging task/situation, or gain access to something tangible.



Your child may exhibit negative behaviors like crying, screaming, shouting, hitting, biting, throwing, swearing, kicking, having panic attacks etc. He/she is not doing so by choice. It is all situational and contextual. This can be extremely taxing for parents and others around the child. Patience and perseverance to reach and treat the root cause will help you get through.

Sensory or behavior may be the primary cause but there is more! As Ross W. Green has said in *The Explosive Child*, “Challenging kids are lacking the skills of flexibility, adaptability, frustration tolerance, and problem solving, skills most of us take for granted.”

When children lack flexibility and adaptability, they dislike any form of change, major or minor. Also, change can be sudden, unpredictable and unseen, for which flexibility is a must. This helps us move on. Due to inflexibility, these children want to do things restricted to their areas of interest; only in a way they like and the way they want them to happen. Change makes them anxious, as they lose control of the situation they are in. Thus, any change is a huge problem. They feel unequipped to deal with it, which further adds on to their frustration. But yet again, frustration tolerance and problem solving are not their best suits, which create a vicious loop for them. Frustration tolerance and problem solving are important skills that promote self-regulation and impulse control. These skills teach the child to rationalize, prioritize, plan and work successfully as an individual or as a part of a team. Think of these skills again, they form the basis of a child’s social, emotional and academic development. These are finer skills that we as parents and professional need to keep in mind while working with our children. It is crucial that we remember to nurture these skills along with helping them cope with their sensory, gross-motor, fine-motor, visual-motor and social challenges.

The key to remember is that all children can do well if guided and motivated to do so. Let’s work towards facilitating and building these skills, which will in turn help reduce their challenging behavior. Stay tuned to our next month’s issue that will talk about ways to build these specific skills.



“Challenging kids are lacking skills of flexibility, adaptability, frustration tolerance and problem solving, skills most of us take for granted”

–Ross W. Green



For any question or concerns regarding the newsletter please write to us on: reachtherapycenterforchildren@gmail.com

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