

A Clean Slate... ADD/ADHD Lessons from the Classroom and Beyond



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A Successful Start

As summer comes to a close, for parents, it is time to begin **preparing your child for the new school year**. While the classroom can be a daunting and challenging time for any child, for an **ADD/ADHD** child, the pressures are even greater.



For **others without children**, the start of the **school year can still cause stressors** to contend with, particularly for **adults with ADD/ADHD**. However, the proper perspective combined with natural remedies can provide much-needed support for almost any issue that may arise.

As adults, we often have a greater ability to apply maturity and experiences to handle obstacles that come our way, effectively managing our younger children. Unfortunately, reaching out to **teens troubled with ADD/ADHD** can present a challenge. However, there are many ways you can **manage your teen while salvaging your own sanity**.

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Back-to-School Doesn't Have to be a Battle

Managing kids with ADD/ADHD

Starting off a new school year can be **daunting and challenging for any child...** but for a child with [ADD/ADHD](#), the pressure is even greater. However, parents, teachers, and other important people in a child's life can provide support and help to make the **transition from summer to school much more manageable.**



Before school begins, spend time with your child **discussing the upcoming school year.** Allow your child to express any fears or concerns, which may help alleviate any undue nervousness and [anxiety](#) he or she may be experiencing. Children who struggle with learning and concentration difficulties are at an increased risk for developing [depression](#), as they may feel alienated from their peers or frustrated with their capabilities.

Communication is critical at this point also for you to evaluate your child's condition. This will also give you a chance to **help your child see the positive side**, as **attitude plays a major role** in successfully living with [ADD/ADHD](#) – both for parent and child.

Hopefully, advice from the summer survival guide was followed over the vacation break, and you have either started your child on a **remedy program** or continued his or her proper **maintenance dosage** to receive optimum benefits.

If you haven't however, **it's not too late to implement a plan of action!** While most conventional medicines work only to treat symptoms, **natural medicine strives to create holistic balance** in the body. Therefore, many parents notice **full benefits after continued dosage** for a period of several weeks. If you start a program now, by the time the school year begins, your child will **already be receiving optimum results.**

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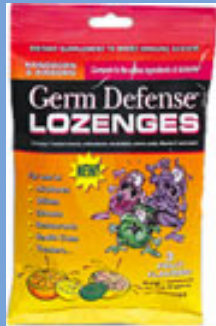
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Getting sick (or at least pretending to) was sort of fun back in the old da



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Also use this time to **discuss a plan of action for your child**. Even with the best efforts to keep kids on a schedule during vacation, routine can undoubtedly slip aside occasionally. **Re-establish rules and behavioral expectations** that you had set up with your child so that they are not surprised when you try and enforce homework, bedtime, and other routines with them in a few weeks.

Helping them **get organized** is also key for their success, and helps avoid common frustrations. While getting practical materials in order, also fit in some time for fun and enriching activities, such as signing up for an after-school sport. This will not only **enhance their relationships with peers and build self-confidence** but will also expend that extra energy kids with [ADD/ADHD](#) are forced to bottle up in the classroom.

Also **be sure your child's school and teachers are aware** of your child's condition. As an educator, there needs to be an understanding that [ADD/ADHD](#) children have a problem in concentrating, and therefore **need structure to help them carry out activities**. This structure can come in the form of lists that a child can refer to, or verbal reminders. Teachers should be encouraged to give simple instructions, divide complex tasks into smaller sub tasks, and elicit feedback from the child on whether the pace is too relaxed or too hectic. **Check with your child's school** to see if they offer specialized programs for children who need extra attention.

Finally, **remember to take yourself into consideration**, too. Managing the challenges that come along with a child suffering from a learning disorder can be [stressful](#), frustrating, and lead to [emotional distress](#)... especially if you are the sole caretaker holding all the responsibility. Set aside **time for yourself everyday to relax** and make time everyday for at least one activity that brings *you* pleasure and satisfaction.

As always, **Native Remedies is here to help with advice, support and the best natural remedies** for you and your family! Be sure to also [check out our ADD/ADHD eBook](#) for even more helpful tips and information.

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[PureCalm™](#) - Aids nervous system in stress resistance for balanced moods and feelings of well-being.

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school but to give us glowing reports of how wonderful it was to have him in school!" —Gerri, AK, USA

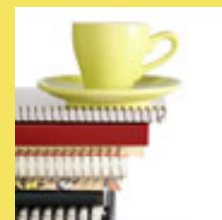
"My 9-year-old... forgets EVERYTHING you tell him. There is a big difference since he has been taking the [Triple Complex Brain Tonic](#) - the other day he even reminded me about a school meeting. It is such a relief to find something that works..." — Sandra G.

"My daughter wouldn't wait her turn at school and she bullied the other kids... Since she has been taking [Tula Tantrum Tamer](#) there is such a big improvement. It feels so good to be able to be proud of my child when I pick her up from school!" - Rose W.

Beyond the Classroom... Challenges Adults Face Each Fall

Parental pressures and more

Whether or not you have children in the household, you will likely **feel the effects** of a new school term regardless. More [traffic](#) on the road often results in [road rage](#); stores are more [crowded](#), which can **challenge patience levels**; and advertisements bombard consumers with messages to "get organized", which can cause [anxiety](#) in people already **juggling multiple responsibilities**.



These additional stressors can turn even the most level-headed person into a [nervous wreck](#), **worrying about their children** reaching for preconceived standards of success or **evaluating personal goals and achievements** as a result of the **back-to-school frenzy**.

For an **adult suffering from [ADD/ADHD](#)**, the **influx of new stimuli can be especially overwhelming**, leading to increased [stress](#) levels, [depression](#), and changes in sleep patterns—which can all **become more serious health issues** if not properly managed. Many adults were

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never taught proper ways of [dealing with stress](#) in childhood, and sometimes turn to **unhealthy sources to cope** when frustrated... leading to [addictions](#), [eating disorders](#), and other **VICES that can compromise well-being**.

Not managing stress properly often interferes with healthy brain functioning, including concentration, focus, and attention span—further **exacerbating existing [ADD/ADHD](#) conditions**.

For parents, (especially those with adult [ADD/ADHD](#)) the **effects of these issues can trickle down to their children**, who may also be feeling their own pressures related to [performance](#) and peer pressure. *For tips on helping children with [ADD/ADHD](#), check out our [back-to-school article](#) and related [eBook](#).*

In addition, just **getting back into a routine** after summer vacation can be overwhelming. The fall semester also coincides with the end of the fiscal year for many companies, which can result in **added [pressures at the office](#)**. Whether you're enforcing bedtimes, helping with homework, managing a large project (or all 3!), additional tasks can make day-to-day issues tougher to tackle without **time and [stress management techniques](#)**.

However, there are **positive benefits that can be gained** from new school year beginning, even to those who are not of school age or with children... the key is **finding the right perspective**. While these seemingly annoying delays and added tasks may seem to be futile, they may provide a catalyst for us to realize we need to **make healthier lifestyle changes**. They may also help us to reach our full potential by providing a little extra motivation to start anew ourselves.

Even if the day seems to grow shorter with each additional chore or project, finding some **time for relaxation** is essential to best manage stress. In **combination with a healthy lifestyle and diet, natural remedies** can support the healthy functioning of the brain and nervous system, helping to



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maintain motivation, concentration, memory, and optimum performance... while also **keeping nerves settled** and soothed.

Keeping a **positive perspective** will also work wonders to managing transient seasonal stressors. Usually after a period of adjustment, your **body and mind will begin to acclimate** to the new schedules and routines, and you can begin to enjoy the mindset of "starting anew"... whether you're a parent or not!

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[Focus Formula](#) and [BrightSpark](#) [I have seen an improvement]... The thing that impresses me most about your Web site is how you break down symptoms by disorder. This was very helpful... I sincerely thank you. "

—Phill, NY, USA

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— Tina, Wales, UK

"Thanks to your [Sleep Tonic](#), my nights of lying awake are over! ...So you can imagine how glad I was to find something that works so well and which also does not interact with my other remedies!" —Sheila

Parenting Tips for Managing Teens with ADD/ADHD

The **teenage years can be difficult enough** for parents to manage. Combine raging hormones and unsteady emotions with an untreated learning disorder from childhood, and you have the possibility of extreme instability in the household. However, there are many ways you can **restore peace to your home and your child** and maintain sanity.



Tips for you as a parent to help your ADD/ADHD teen:

- Maintain as much routine and consistency as possible
- Try to avoid major or frequent changes
- Ensure that family relationships are stable
- Be very consistent in your discipline and keep all rules the same
- Speak often to your teen's teachers
- Engage in activities that promote concentration and listening skills
- Use frequent eye contact when speaking to your teen or giving instructions
- Keep directions simple and set simple house rules

- Provide a structured outlet for hyperactivity
- Teach using as many of the senses as possible and make learning interactive
- Review your expectations for your teen
- Reward positive behavior immediately
- Anticipate situations
- Make sure your teen is supervised at all times
- Learn and understand the symptoms of ADD/ADHD
- Schedule tasks and reminders
- Encourage your teen to organize needed everyday items
- Help your teen to use homework and notebook organizers, then set a homework routine
- Focus on effort, not grades
- Make a special effort to highlight positives in your child