

The Myth of the A.D.D Child – 50 Non-Drug Strategies

Appendix 1

Strategy #1 : Provide a Balanced Breakfast

Poor Breakfasts :

- white toast and butter
- hash browns and ketchup
- sugary cereals with milk
- pancakes with syrup
- waffles with butter and jam
- sweet rolls
- muffins and orange juice

Good Breakfasts :

- scrambled eggs and toast
- boiled egg and a muffin
- waffles and ham
- oatmeal with nuts and raisins
- potatoes and eggs
- pancakes with flavored yogurt
- granola and milk

Appendix 2

Strategy #5 : Find Out What Interests Your Child

105 Activities to interest your child in :

action figures	airplanes	acquariums
art	astronomy	balloons
balls	baseball	baseball cards
bicycling	biographies	birds
blocks	board games	boats
the body	bubbles	cards
carpentry	cars & trucks	cartoons
cheerleading	chemistry set	clay
clocks	clothes	coin collecting
coloring	computers	cooking
dancing	digging	dinosaurs
dolls	drama	drawing
eating	ecology	electricity
electronics	finger painting	fishing
football	gardening	geography
gym	hiking	history
hockey	insects	kites
Lego blocks	lizards	machines
magic	magnets	make-believe
make-up	map reading	marbles
martial arts	math	microscopes
miniature soldiers	money	movies
music	musical instruments	other cultures
pets	photography	pictures
playhouse	playing	poetry
puppets	puzzles	radios
reading books	rubber stamp sets	running
science fiction	Scouts	seashells
secret codes	sewing	singing
skateboarding	skating	sky watching
soccer	stamp collecting	story telling
stuff animals	swimming	talking
telephoning	television	telling jokes
traveling	tree climbing	video games
water games	weather	writing

Appendix 3

Strategy #9 : Use Background Music to Focus and Calm

For Hyperactivity :

Bach, "Air on the G String"
Grieg, Holberg Suite
Beethoven, Symphony No.6 (first and second movements)
Pachelbel, Canon in D
Hovhanness, Mysterious Mountain
Mozart, Concerto for Flute and Harp
Vivaldi, The Four Seasons

To Control Anger :

Bach, two Concertos for Two Pianos
Handel, Harp Concerto
Dexter, Golden Voyage I
Schubert, Prelude to Rosamunde
Dowland, lute music
Gluck, "Dance of the Blessed Spirits" (From Orfeo ed Euridice)

For Relaxation and Reverie :

Debussy, Clair de Lune
Halpern-Kelly, Ancient Echoes
Lee, Celestial Spaces for Koto
Copland, Appalachian Spring
Stivell, Renaissance of the Celtic Harp

Appendix 4

Strategy #17 : Provide a Variety of Stimulating Learning Activities

List of some novel learning activities your child might benefit from :

Watching films
Creating art
Listening to musical recordings
Acting in drama
Keeping journals
Developing projects
Drawing
Map-making
Interviewing
Peer teaching
Model building
Doing puzzles
Taking field trips
Producing videos
Conducting laboratory experiments
Creating animated cartoons
Reading illustrated books and magazines
Listening to books on tape
Using computers
Studying animals and plants
Using math blocks
Measuring things
Surveying opinions
Holding discussion groups
Taking part in simulations
Brainstorming
Storytelling
Photography
Visualizing

Appendix 5

Strategy #19 : Activate Positive Career Aspirations

Suitable Career Choices :

- self-employed businessman
- free-lance writer or editor
- airline pilot or train engineer
- disc jockey or radio announcer
- traveling salesman
- music or dance instructor
- radio, TV or newspaper reporter
- photographer
- police officer or firefighter
- building contractor
- craftsperson
- artist
- inventor or designer
- private detective
- truck, bus or taxicab driver
- free-lance researcher
- choreographer or dancer
- athlete or coach
- lecturer or workshop facilitator
- aerobic or fitness instructor
- surveyor or architect
- fashion model
- public relations officer
- mechanic

Appendix 6

Strategy #27 : Spend Positive Times Together

Suggestions for Things to do with your child :

- Read a book
- Go for a walk
- Play a board game
- Listen to music
- Tell funny jokes
- Look at family scrapbooks
- Draw pictures
- Play catch
- Sing songs
- Take a car ride
- Go to the zoo
- Have a pleasant talk
- Go out for dinner
- Bake together
- Build something
- Repair something in the house
- Go for a picnic
- Visit a historical site
- Do a craft project
- Watch TV and talk about What you are watching
- Play with a pet
- visit a museum
- play a sport (eg. bowling, tennis)
- do a science experiment
- solve a riddle
- do stamp collection
- dance to music
- mediate or pray together
- learn something new
- go to the library
- look up info in the encyclopedia
- plan a trip
- play video games
- do gardening
- read magazines
- tell stories
- work with clay
- cycling
- play with toys
- do a puzzle
- do card or magic tricks
- write a letter
- solve brainteasers
- do volunteer or charity work

Appendix 7

Strategy #36 : Provide Your Child with Access to a Computer

Some interesting software categories (program titles in brackets) :

- Animation programs (Art and Film Director)
- Draw and paint programs (Dazzle Draw)
- Electronic chess games (Chessmaster)
- Spatial problem-solving games (Tetris)
- Electronic puzzle kits (Living Jigsaw)
- Clip Art programs (The New Print Shop)
- Graphic Encyclopedias (World GeoGraph)
- Singing software (Vocalizer)
- Tone-recognition games (Arnold)
- Logic Games (King's Rule)
- Hands-on Science experiments (Science Toolkit)
- Hands-on Lego models run by computers (Lego Dacta)
- Word Games (Missing Links)
- Interactive storybooks (Just Grandma and Me)
- Motion-simulation games (Flight Simulator)
- Virtual reality software (Dactyl Nightmare)
- Eye-hand coordination games (Shufflepuck Café)
- Electronic communication bulletin boards (Kidsnet)
- Simulation games (Sim City)
- History and geography games (Where in the World is Carmen Sandiego?)

Appendix 8

Strategy #39 : Offer Your Child Real-life Tasks to Do

At Home :

- Baby-sit
- Volunteer in the community
- Fix appliances
- Take care of one part of the garden
- Repaint a portion of the house
- DIY : make shelves or other hold items
- Organize the book or CD collection
- Take the dog for walks
- Take care of pets
- Replace light bulbs in the house
- Polish the car
- Teach other members of family (eg. how to program the VCR)
- Learn CPR and first aid skills
- Run errands for family members
- Cook regularly for the family
- Plan a family trip
- Be the navigator (with map) on family trips
- Preside at family meetings
- Be the Emcee at family parties
- Design greeting cards for Christmas
- Take photos whilst on holidays
- Help younger siblings with everyday tasks
- Plan a budget for an event

Appendix 8 – Cont'd

Strategy #39 : Offer Your Child Real-life Tasks to Do

At School :

- Water the plants
- Open and close windows
- Take notes to the office
- Arrange desks and chairs
- Collect books for teacher
- Be the class monitor / playground monitor
- Set up the audio visual equipment
- Hand out worksheets
- Take attendance
- Do duties in the school library
- Serve as lab assistant in science class
- Supervise the computer lab
- Run errands for teachers
- Buddy a younger student
- Tutor another student
- Be assistant to PE teacher
- Be a student volunteer in the community