

## **The Myth of the A.D.D. Child - 50 Ways to Improve Your Child's Behavior and Attention Span without Drugs, Labels or Coercion**

### QUESTIONNAIRE for Selection of Strategies

*This questionnaire will help direct you to the strategies most relevant to you and your child's situation. In parentheses after each item are the numbers of the strategies that relate to each question. Place a mark next to all items that apply to your child.*

*Does your child.....*

- \_\_\_ Watch two or more hours of television a day? (#3)
- \_\_\_ Become fidgety, unfocused, or uncooperative a half hour to an hour after a meal? (#1, #2, #12)
- \_\_\_ Have a chronically runny nose, red or swollen eyes, itching, stomachache, or other ongoing minor physical symptoms? (#2, #12)
- \_\_\_ Play Nintendo or other video games for two or more hours a day? (#3, #36)
- \_\_\_ Seem to do his best thinking when he's moving around at home or school? (#13, #28)
- \_\_\_ Have a good imagination? (#11)
- \_\_\_ Enjoy working with his hands? (#26)
- \_\_\_ Receive little or no physical education at school? (#6)
- \_\_\_ Talk a lot? (#4)
- \_\_\_ Have a favorite color? (#10)
- \_\_\_ Seem to calm down or focus when certain types of music are played? (#9)
- \_\_\_ Have difficulty getting along with his peers? (#38, #41)
- \_\_\_ Like to engage in outdoor activities? (#13, #28)
- \_\_\_ Seem to calm down or focus when he is hugged or touched? (#30)
- \_\_\_ Have a label in school like "attention deficit disorder" or "learning disabled"? (#50, #22)

- \_\_\_ Skip breakfasts or eat only high-carbohydrate foods (eg. Cereal, pastry, toast, pancakes) in the morning? (#1)
- \_\_\_ Seem to have a negative view of his his future?(#19)
- \_\_\_ Appear to be anxious or depressed? (#29, #37)
- \_\_\_ Enjoy information when it is presented in a graphic way through images or pictures? (#8)
- \_\_\_ Like working with computers? (#36)
- \_\_\_ Have a negative self-image? (#50, #14)
- \_\_\_ Blame others or circumstances outside of himself for his successes and failures? (#32)
- \_\_\_ Have special hobbies or interests? (#5, #8, #17)
- \_\_\_ Seem to learn new things by absorbing information that's all around him (#21)
- \_\_\_ Spend little or no positive time with you on a regular basis? (#27)
- \_\_\_ Have cravings for certain kinds of foods? (#12)
- \_\_\_ Enjoy hanging around children who are younger than he is? (#48)
- \_\_\_ Lack a special place at home for studying? (#28)
- \_\_\_ Frequently drive you up the wall? (#33)
- \_\_\_ Appear to be physically tense much of the time? (#20)
- \_\_\_ Have nowhere at home to be "hyperactively creative"? (#25)
- \_\_\_ Seem to have certain times of the day when he is particularly restless or inattentive? (#15)
- \_\_\_ Appear to have been exposed to one or more serious stresses during the past year (eg. Family divorce, illness of self or family member, financial difficulties in family, fights with siblings, violence at school / home etc)? (#29, #37)
- \_\_\_ Have few opportunities to make choices that affect his life? (#44)
- \_\_\_ Have difficulty paying attention to things you ask him to do around the house? (#16)

- \_\_\_ Have problems organizing his personal belongings and/or school assignments and materials? (#31)
- \_\_\_ Have the ability to picture things in his head? (#11)
- \_\_\_ Seem to learn more around the house than he does at school? (#24)
- \_\_\_ Appear not to know what the rules are for appropriate conduct around the house and /or at school? (#46)
- \_\_\_ Lack a special place he can go to when he feels upset or out of control? (#40)
- \_\_\_ Get frequently locked up in power struggles with you or your apouse? (#45)
- \_\_\_ Appear to benefit from receiving clear and immediate feedback about his behavior? (#35)
- \_\_\_ Have difficulty thinking through a problem or solving a practical situation (eg. a conflict with a sibling or friend)? (#38)
- \_\_\_ Go to a school where students spend most of their time filling out worksheets, reading textbooks, and listening to teachers' lectures and instructions? (#24)
- \_\_\_ Seem to thrive on "negative attention" (eg. people yelling at him)? (#45)
- \_\_\_ Seem capable of following through on commitments that he makes to you? (#42)
- \_\_\_ Appear to benefit from life's natural lessons (eg. is he more careful about storing his money after losing some of it on the way to school)? (#49)
- \_\_\_ Lack positive role models in his life? (#23)
- \_\_\_ Admire people (or fantasy characters) who engage in martial arts (eg. karate, tae-kwon-do, judo, aikido)? (#7)
- \_\_\_ Seem to calm down or focus when he has something in his hands? (#26)
- \_\_\_ Show more interest or ability in doing real-life practical tasks than artificial school tasks? (#39)
- \_\_\_ React negatively to things you say to him? (#43)
- \_\_\_ Enjoy it when the whole family gets together? (#43)

## Strategies Categorized by Type of Approach

Grouping of Strategies according to which broad aspects of a child's life are addressed (some strategies are listed in more than one category).

**Cognitive Approaches** - Strategies to help your child *think* in new ways :  
#4, #11, #18, #31, #32, #34, #38

**Educational Approaches** - Strategies to help your child *succeed in the classroom*  
#6, #8, #17, #21, # 22, #24, #26, #28

**Social Approaches** - Strategies to help your child *develop more positive relationships* : #27, #30, #37, #41, #43, #47, #48

**Behavioral Approaches** - Strategies to help your child *learn more appropriate ways of behaving* : #16, #35, #40, #42, #45, #46, #49

**Psychological Approaches** - Strategies to help *strengthen your child's emotional life and self-esteem* : #5, #14, #19, #23, #25, #27, #29, #33, #37, #39, #44, #50

**Ecological Approaches** - Strategies to *provide a healthy and supportive environment* : #1, #2, #3, #9, #10, #12, #15, #28

**Physical Approaches** - Strategies to *positively engage your child's physical energies* : #6, #7, #13, #20, #26, #30