

Attention Deficit Disorder



What Every Parent Needs to Know about *ADD*

Children's Sleep Needs

1-year-olds:

14 hours, including one or two naps

2-year-olds:

11-12 hours, plus 30 min after-lunch nap

3-year-olds:

12 to 12 ½ hours, no naps for some kids

4-year-olds:

11 ½ to 12 hours, no naps for more kids

5-year-olds:

11 hours, no naps for most kids

6-year-olds:

10 ¾ to 11 hours

7-year olds:

10 ½ - 11 hours

8-year-olds:

10 ¼ - 10 ¾ hours

9-year-olds:

10 - 10 ¼ hours

Age 10 through puberty:

9 ¾ - 10 hours

Teens:

9 ¼ hours

"Your Child has ADD."

"Your child can't return to the classroom until he gets treated for hyperactivity."

"Your child needs a school-psychologist evaluation."

If you've heard any of these statements before, then here's what you need to know: there is no set of clinical tests that can objectively diagnose *Attention Deficit Disorder (ADD)*. If your child has been identified as having this problem . . . what are you to do?

Concerning *Ritalin* . . .

You should understand that if your child has taken *Ritalin*, a commonly prescribed drug for *ADD*, after the age of 12, then he or she will not be considered suitable for serving in the Armed Forces. According to Army recruiters, *Ritalin* can potentially cause brain alterations.

Questions We Must Ask . . .

Let's ask ourselves some compelling questions: Should we risk medicating children with potentially brain-altering drugs on the outside chance that they will be beneficial? Do the risks outweigh possible benefits? Could we accomplish behavior modifications some other way? What's behind this type of problem anyhow? Perhaps it would help you to look at some lifestyle support issues that have a major bearing on children's behavior.

First of all . . . there's Television

The average American is watching 6 hours of television per day. This is sedentary and over-stimulating, and produces negative messaging. Limit your child to no more than 2 hours (preferably less) of viewing per day. Take the television out of your child's room, and do not use it as a babysitter.

Ditto for computer and video games . . . Send your children to your backyard gymnasium for a little old-fashioned play. Better yet, join them.

Diet Matters

Really work to improve your child's diet. Cut out sugar, white flour, fats, chemical additives, and preservatives as much as possible. Instead of sodas and Kool-Aid, have your child drink plenty of pure water. (Use an interesting glass and straw to stimulate acceptance.) Stop using Happy Meals or desserts as rewards. Substitute non-toxic prizes like a trip to the zoo, an art project, or storybook readings.

Medication and Dental Concerns

Be sure your doctor is aware of your desire to use only absolutely necessary medications. The body chemistry problems that may be triggered by drugs can outweigh the benefits, and drugs like antibiotics should only be used when a culture or other test indicates a bacterial infection. If your child needs tooth fillings, communicate with your dentist about your desire to avoid mercury (silver fillings). Possible alternative materials are composite (inexpensive) or porcelain fillings.

Sleep Needs

Be sure your child gets at least 8 hours of sleep. Studies show that a sleep-deprived child is much more of a behavior problem. See chart on front for your child's actual sleep needs.

Have a Positive Outlook

Finally, don't feel like a failure if your child is singled out by the school system. You are not alone. In some school districts, nearly half the students have been labeled with such problems.

Success Stories

"My son's teacher met me at the door the first day of kindergarten with a report that sent me into tears. Instead of *Ritalin*, I chose to work this all natural way. Now he's gotten the "Best Rester Award," and he turns down candy because he knows it makes him feel bad. He's gone from staying up half the night to turning in at 8:00 PM. Our lives are much happier now." - Sandy Williams, TN

"My son has not taken *Ritalin* (after 11 years) since I talked to you. He is thrilled and hasn't had any problems at home or school and has progressed tremendously in his efforts at school. Last week, he was given the 'Most Improved Student Award' at his high school!" - Renee Judkins, MI

12 Keys to Helping Your Child Feel Better

1. Less television
2. Fewer computer games
3. More physical play
4. More sleep
5. More water
6. More fruits and vegetables
7. Fewer fast foods
8. Less sugar, white flour, additives
9. Only strictly-needed medications
10. No silver amalgam tooth fillings
11. "Language" your child into better behavior by speaking positively
12. Follow daily protocol listed below:

Breakfast

- 1 serving of *Biomega* (\$33.95)
- 1 *Vital Green Complex* (\$39.95)
- 1 *Body FX* (\$33.95)

Lunch & Dinner

- 1 *Vital Green Complex* if desired