

Title:

What to do When Kids Go off Their Meds: Brain-based Learning Strategies for ADD/ADHD

Word Count:

550

Summary:

Brain-based learning strategies for helping hyperactive kids. Teacher resources and parenting

Keywords:

brain-based learning, teacher resources, reading, parenting tips, learning strategies, Brain G

Article Body:

Steven Nissen, a prominent Cleveland Ohio Cardiologist recently prodded the FDA's Advisory com

During the same period 78 million prescriptions were written for children up to the age of 18.

These are startling statistics to put it mildly! Assuming Nissen is correct, Ritalin is a pret

Now before I go any further with this story, please do not take a child off their ADD medicati

What does this story mean in terms of ADD behavior at home and in the classroom? How does it a

For years, we haven't had to take responsibility for helping these kids or keeping ourselves f
some kind of order in the classroom and at home. The drugs did it for us. Now we may be on our

Here are ten brain-based learning strategies to help you and your kids cope:

1.Decrease sugar including drinking fruit juice. Cut down on bread and pasta, esp. that made w

2.Limit TV and video games, especially TV and games that have lots of flashing lights.

3.Help them get organized. Keep a schedule and be consistent.

4.To help with reading focus, let kids read aloud and record their voice. You could read somet
"book on tape." Now they can read along while listening. If they can't sit still for the whole
moving around. Listening skills are a necessary ingredient for good reading.

5.Practice deep breathing. Kids can even be taught a simple form of meditation which is nothin

6.Cross right ankle over left and then give yourself a hug by crossing arms across the body, l
stress in the central nervous system. Try it yourself.

7.Decrease visual distractions in children's rooms and at school. Fewer pictures, mobiles, toy

8.Exercise: play, run, skip, insist on recess at school.

9.Do Brain Gym®. See www.braingymclasses.com Some kids have gone off their meds or at least h
Gym. Another very effective brain-based learning strategy.

10.Eat more foods with Omega-3 fatty acids like wild salmon, sardines, tuna, flaxseed, flaxsee

Brain-based learning strategies include attention to what we feed our brains and how that food
neurotransmitters.

Using these teacher resources and parenting tips will help you help children get control over

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