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ADHD Holiday Help Tips

By Jeannine Virtue

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Quote of the Day:

"The most important thing in any relationship is not what you get but what you give." – Eleanor Roosevelt

Holiday ADHD Help Tips:

Ahhh, the holidays – happiness, warmth, family togetherness, peace, joy...That is the goal, but try matching that with the reality of holidays with an Attention Deficit and Attention Deficit Hyperactivity Disorder child.

The holidays can be especially taxing on the Attention Deficit Hyperactivity child. There are too many sweets, broken routines and over-stimulation, disarray and excess at every turn of the bend. This, in turn, can make the holidays especially taxing on the parents of Attention Deficit Hyperactivity children. Today marks the final countdown to Christmas, with only 10 days to go. There is much to do, not enough time and children are bursting with anticipation.

Below are a number of quick holiday ADHD help tips to help take the edge off holiday stress and chaos. Use these holiday ADHD help tips to better your chances of surviving and enjoying this holiday season with your Attention Deficit and Attention Deficit Hyperactivity Disorder child.

_ Holiday ADHD Help Tip #1: Set realistic goals for this holiday.

This holiday season is not going to be your "Best Christmas Ever." In fact, it won't elevate to that status until a few years has passed! Take plenty of pictures so that you can remember this "Best Christmas Ever" when it becomes just that.

_ Holiday ADHD Help Tip #2: Prioritize the "To Do" list.

Make a list of everything that still needs to get done and prioritize the most important. Start with the most important and work your way down the list. Wrapping presents is high on the list so do that now instead of waiting until the wee hours of Christmas Eve. What does not get done by the morning Dec. 24 does not get done.

Place taking care of yourself as a high priority on that list. An overtired and stressed parent produces anxiety in the household. Getting enough sleep, watching your diet, taking time to exercise and spending a few extra minutes in a hot shower will make for a more calm household, which will in turn take stress off your Attention Deficit and Attention Deficit Hyperactivity Disorder child.

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_ Holiday ADHD Help Tip #3: Avoid last-minute shopping trips with your Attention Deficit and Attention Deficit Hyperactivity Disorder child, if possible.

Crowded malls and harried shoppers can tax even the most patient of adults. It can be disastrous for the Attention Deficit and Attention Deficit Hyperactivity Disorder child. If you must take your child along, get in and get out as quickly as possible. Go over the expected rules before you find your parking space and have a reward established beforehand to encourage cooperation and suitable behavior from your Attention Deficit and Attention Deficit Hyperactivity Disorder child.

Think about buying gift cards that you can order online for the people that you still need to buy presents for.

_ Holiday ADHD Help Tip #4: Stick as close to your regular routine as possible.

Attention Deficit and Attention Deficit Hyperactivity Disorder children thrive on schedules and routines. December is not a month known for schedules and routines. That said, make an extra effort to tuck

your Attention Deficit and Attention Deficit Hyperactivity Disorder child in at the same time every night. Make sure meals are eaten at the same time. Avoid last-minute changes that could knock your child off kilter.

Routine changes are inevitable in December. To help your Attention Deficit and Attention Deficit Hyperactivity Disorder child adjust to this flurry of extra activities, write down a holiday schedule for your Attention Deficit and Attention Deficit Hyperactivity Disorder child that includes school parties, family get-togethers and any other activities outside the normal routine. On this schedule, remember to write in family time.

_ Holiday ADHD Help Tip #5: Involve your Attention Deficit and Attention Deficit Hyperactivity Disorder child in preparations.

If you still have baking to do, hand your Attention Deficit and Attention Deficit Hyperactivity Disorder child the cookie press and watch him go. Give your child the job of addressing the last minute holiday cards. Let your children help wrap presents for others. The presents may not look perfect but few people would mind the tape encrusted packages, nor will you need to tell them you received help! Though these activities will likely go quicker without the "help," the help create time for the family to spend together. And, it will help your Attention Deficit and Attention Deficit Hyperactivity Disorder child burn off extra energy.

_ Holiday ADHD Help Tip #6: Maintain a healthy diet and limit sugar consumption throughout the holidays.

Start each day with a healthy and solid breakfast, with healthy snacks in between meals. Offer celery sticks with peanut butter, carrots, crackers and cheese or fresh fruits to curb hunger and keep your child from filling up on unhealthy snacks and sweets.

Parents may find difficulty keeping all sweets away from their Attention Deficit and Attention Deficit Hyperactivity Disorder child during the holiday season. If your Attention Deficit and Attention Deficit Hyperactivity Disorder child does overdo it on the sweets, make sure you balance the splurge with solid, whole foods to take the edge off the sugar.

_ Holiday ADHD Help Tip #7: Give a brush up lesson of rules and expectations when attending holiday functions.

If you plan to attend or host a party or holiday get together, spend time beforehand reminding your Attention Deficit and Attention Deficit Hyperactivity Disorder child of appropriate behavior. Remind them to say their "Please" and "Thank yous," explain that roughhousing and wildness will take away from everyone's enjoyment.

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Outline rewards for positive behavior and the consequences of infractions but do not make hollow threats of Santa withholding presents. Establish a fallback plan for when or if your child becomes over-stimulated. You might have a sitter on standby, or a quiet place in the house for retreat.

_ Holiday ADHD Help Tip #8: Expect the worst and hope to be pleasantly surprised.

In this hectic rush of free-fall flurry, much can go wrong. Expect it. After a day of unwrapping presents and eating cookies, your Attention Deficit and Attention Deficit Hyperactivity Disorder child may wallop his cousin or throw the temper tantrum of the century.

Know that this is a possibility and cross your fingers but do not be terribly surprised if your child acts up. Be prepared to make a quick exit if your Attention Deficit and Attention Deficit Hyperactivity Disorder child cannot get himself under control.

_ Holiday ADHD Help Tip #9: Take time unwrapping presents.

Unwrapping a pile of presents in one setting can over-stimulate your Attention Deficit and Attention Deficit Hyperactivity Disorder child. Encourage your child to slow down and play with a few toys in between presents. Withhold a couple big presents for after breakfast to keep the thrill alive.

Extending the unwrapping will not only help with over-stimulation, but it will also help with holiday letdown. Many children feel disappointment after waiting so long for this special day, only to have it finish in a matter of minutes.

_ Holiday ADHD Help Tip #10: Prepare well for the extended family get-together.

Most people love their siblings and parents dearly but let's face it, throwing everyone together for this once or twice yearly gather can cause stress. Parenting insecurities (and what parent of an Attention Deficit and Attention Deficit Hyperactivity Disorder child doesn't have them from time to time?) only compound, especially if your always-hyper child gets in a fray with the "perfect" cousin.

The commotion and noise level of so many people in one place added with a wild mix of foods and beverages only add to the havoc. Prepare well for this event. Map out a place for your child to escape if he becomes over stimulated. Be ready to leave early if your child cannot settle down. Bring books, movies and a crafts to occupy your Attention Deficit and Attention Deficit Hyperactivity Disorder child. While together with your family, remember to brag up your child while he is within earshot. This self-esteem booster that will help your child behave better in the present.

_ Holiday ADHD Help Tip #11: Prepare well for travel as well.

If travel plans are on your holiday schedule, consider giving a few travel-related gifts to your Attention Deficit and Attention Deficit Hyperactivity Disorder child. A VCR that plugs into the car is probably one of the best gift ideas for saving parent sanity if your budget can afford. New books, crossword puzzles, books on cassette tape, travel games and coloring books are also good ideas for your travel pack. Remember to schedule frequent breaks for your Attention Deficit and Attention Deficit Hyperactivity Disorder child to get up and move around.

_ Holiday ADHD Help Tip #12: Remember to set aside quiet time.

In a season marked with high energy and many activities, scheduling quiet time becomes absolutely necessary. Spending time curled up reading a book after a hectic day or simply sitting in a darkened room listening to holiday music can effectively calm your Attention Deficit and Attention Deficit Hyperactivity Disorder child.

_ Holiday ADHD Help Tip #13: Remember the "Reason for the Season."

The holiday season is about giving but children, by nature, often focus only on the gimmee, gimmee aspect of the season. Set a giving example by donating to a homeless shelter, by dropping a few dollars in the Salvation Army buckets, by "adopting" a family in need, by picking up extra dry goods for

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the local food pantry or any number of worthy ways of showing care for others.

The holiday season is also about family, warm feelings, caring and love. Do not forget to have fun in the midst of rushing about trying to finish off the last-minute details. Remember - your children will quickly forget the presents received this year but will long remember quality time spent together.

Kids Crafts: Holiday Glitter Ornaments

Your child can make these ornaments as gifts for their teachers, friends, grandparents and other relatives. Handmade presents have a special way of saying, "I care" and are often the best gift that a child can give.

For this simple and inexpensive holiday craft you will need clear glass ball ornaments, a variety of holiday colored glitter and glue.

- _ Remove the ornament cap and clean the ball using glass cleaner.
- _ Mix one part glue with two parts water.
- _ Using a small funnel, pour a small amount of the glue mixture into the glass ornament, coating the entire inside area and pouring out the excess.
- _ Using a different funnel, pour glitter into the ball, coating all inside areas and pouring the excess out onto a sheet of paper.
- _ Allow the ornament to dry overnight. Viola, you have beautiful ornaments to hang on the tree!

ADHD RECIPES: Frozen Yogurt with an Omega 3 boost

4 eggs

2 cups plain yogurt

2 boxes sugar-free pudding

1 cup frozen fruit (strawberries, blueberries, bananas...)

2 Tbsp. flaxseed oil

1 tsp. vanilla

2 cups skim milk

Blend all ingredients except milk in a food processor or blender. Gradually add milk. Place in freezer until soft frozen. Enjoy!

For more information about the Attention Deficit Disorder Help Center, visit us at www.add-adhd-help-center.com.

Jeannine Virtue is a freelance journalist and mother of an Attention Deficit son. Visit her web site to find drug-free alternatives to Ritalin and other ADHD medications.

Tips On Coping With A Child With ADHD

By Tina Barraclough

I am a mother of a 6 year old son who was recently diagnosed with Attention Deficit Hyperactivity Disorder (ADHD). I am by no means an expert on this subject – I am only a mom who struggles to help my ADHD child.

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Listed below are some tips I have learned from experience along the way.

1. Life with a child who has ADHD has its challenges, but remember that your child is not acting up because they want to be difficult – they can't help it . So it 's up to you to stay calm and avoid arguing with your child. It helps to keep the daily routine and home life as calm, predictable and stress-free as possible.
2. Accept that there is a problem, whether or not you accept the diagnosis. Denial will not help you or your child.
3. Be prepared to feel guilty about the time you spend with your ADHD child compared to the time you spend with your other children. Other family members may start to feel like your are neglecting them.
4. Take care of yourself – it is often challenging to raise a child with ADHD. Caring for your own physical and mental health is an important part of helping your child, and will provide you with the necessary energy when you need it the most.
5. The most important thing is NEVER punish your child while you are angry. Take a breather away from the child before you hand out any punishment to your child. Disicipline that belittles or shames a child can truly be harmful.
6. Start rewarding instead of punishing. You've probably already discovered how useless it is to try to punish your child when he 's running around or tuning you out. What I have found with my child is how well he responds to simple rewards. Praise good behavior immediately ("You brushed your teeth, just like I asked you to! Thanks so much!") and give your child a reward that pleases him such as a special snack or extra time to watch TV, for example. The reward should be something he can enjoy right away; kids with ADHD don 't like to wait.
7. Realize you are not alone. There are many parents out there who have a child with ADHD. If you need to talk to someone, you can find support groups out there. Talk to your Doctor or Therapist. They can point you in the right direction to find support.

Tina Barraclough is a stay at home mom and owner of

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her website for Business Opportunities, free e-books,Business Articles,etc.

Tips On Coping With A Child With ADHD

Understanding ADHD

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