

Ohio Grandparent/Kinship Coalition — Where Your Voice is Heard!

WWW.OHIOGRANDPARENTKINSHIP.ORG

COPING WITH ADHD

Children who have ADHD can be difficult to parent and may have trouble understanding directions. Children who are in a constant state of activity are challenging for any adults. You may need to change your home life a bit to help your child. Here are some things you can do that may help:

Make a schedule. Set specific times for most activities, including: waking up, eating, doing homework, doing chores, watching TV, playing video games, and going to bed. Make sure the schedule is where your child will always see it. Explain any changes to the routine in advance.

Make simple house rules. It's important to explain what will happen when the rules are obeyed and when they are broken. Write down the rules and the results of not following them.

Make sure your directions are understood. Get your child's attention and look directly into his or her eyes. Then tell them in a clear, calm voice specifically what you want. Keep directions simple and short. Ask your child to repeat the directions back to

you.

Reward good behavior. Congratulate your child when he or she completes each step of a task.

Make sure your child is supervised all the time. Because they are impulsive, children who have ADHD require more adult supervision than other children their age.

Watch your child around his or her friends. It's sometimes hard for children who have ADHD to learn social skills. Reward good play behaviors.

Set a homework routine. Pick a regular place for doing homework, away from distractions such as other people, TV and video games. Break homework time into small parts and have breaks.

Focus on effort, not grades. Reward your child when he or she tries to finish school work, not just for good grades. You can give extra rewards for earning better grades.

Talk with your child's teachers. Find out how your child is doing at school--in class, at playtime, at lunchtime. Ask for daily or weekly progress notes from the teacher

CAREGIVER'S CORNER

TAKE CARE OF YOURSELF!!!!

So often caregivers are so busy caring for those around them, they don't take time for themselves. Make time to go to the doctor, exercise, take your medicine as prescribed, rest, spend time doing something relaxing. Do something you always wanted to do or something new. Make quiet time for yourself. The Airline stewardess when giving instructions, tell you, "In case of emergency, put your air mask on first before you assisting those around you."

**Who will be there for the children if you are not there?
TAKE GOOD CARE OF YOURSELF!!!**

SAVE THE DATE

OHIO GRANDPARENT KINSHIP COALITION CONFERENCE

September 8 AND 9, 2011

Embassy Suites Airport
Columbus, Ohio

September 8th—Meet and Greet
September 9th— Workshops, Luncheon and Keynote
Speakers
More details to come!

*If you are interested in placing an Ad or having a vendor's table please contact us at:
info@ohiograndparentkinship.org*



www.ohiograndparentkinship.org

“ CHILDREN GRIEVE TOO !

Many people believe that infants and toddlers do not experience grief merely because they cannot intelligently draw, write, or verbalize their grief. This is far from the truth. They are able to “sense” the loss of someone’s voice, touch, and smile. However, their grief reactions may also be in response to what they sense from their caregivers. Therefore, the most important element when helping infants and toddlers, who are grieving is to maintain a consistent routine.

A Sense of Safety

Children may begin to feel disconnected and vulnerable; therefore, we need to give them a sense of safety. Maintaining a routine helps the child to begin to trust that they can depend on you for their basic needs. For example, if nap time is set for 12:30 p.m., you should keep that nap time the same every day. By preserving that same time, you are letting the child know that they can depend on you .

You may notice: a decrease in activity level and appetite, an increase in irritability and/or a change in personality, and sleep disturbances. With all these changes, it is important for you to maintain a consistent schedule and pattern of daily activity, including playful activities, along with offering all the nutritious foods you always have. There may be some permanent personality changes, which is healthy and normal. Trauma and loss changes how individuals see themselves, even infants and toddlers. The key is to support the child’s changes, permanent or not.

Excepted/adapted with permission from:

The National Institute for Trauma and Loss in Children (TLC) Parent Trauma Resource Center

<http://www.starrtraining.org/ptrc>

NEED HELP WITH YOUR TAXES? Free File

What is Free File?? Free File is a free, federal income tax prep and electronic filing program for eligible taxpayers, developed through a partnership between the IRS and the Free File Alliance, a group of private sector tax software companies. Taxpayers can do their federal income tax returns using commercial online software provided by the Free File Alliance companies. You must go to IRS.gov to access Free File. This year, you have until April 18, 2011 to file and pay your taxes or request an extension. Additional consumer information is available at www.freefile.irs.gov. or call 1-800-829-1040.

O H I O G R A N D P A R E N T

The bright green T-Shirts will raise awareness and help support the Coalition. These shirts will be great to wear all year long, especially at Grandparent events.

\$10.00/ each sizes M-XL

\$12.00/ each sizes 2X-3X

If you are interested in buying a T-shirt, please call Adel at 937-775-8247, or visit the website at www.ohgrandparents.org



M A R K Y O U R C A L E N D A R

PLEASE MARK YOUR CALENDARS FOR THE FOLLOWING UPCOMING OGKC MEETINGS

All meeting are held at the Overbrook Presbyterian Church
4131 N. High Street
Columbus, Ohio 43214
10:00 a.m. -12:30 p.m.

Wed, March 23, 2011
Wed, May 25, 2011
Wed, July 27, 2011
Wed, Sept 28, 2011
Wed, Nov 16, 2010

To receive future copies of the OGKC Newsletter, visit the website at www.ohiograndparentkinship.org