

Your Kids: Problem Behaviors and Academics



Laura Flynn, Ph.D. - Director of Worklife
Programs

James D. Martin Employee Worklife Center

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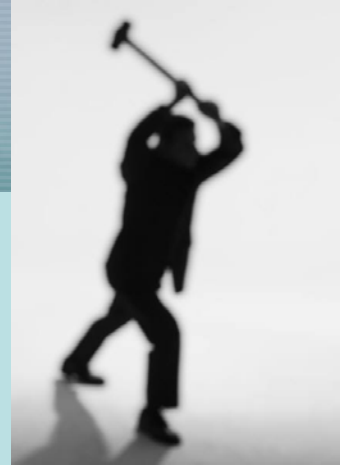
- American Heritage Dictionary:
 - To act as a parent to; raise and nurture:
 - To cause to come into existence;
originate



Teaching Empathy to Your Child

From: "The Successful Child" by Sears & Sears

- The modern world and media violence
- The speed of communication
 - Faxes, cell phones, email
- The value of individualism
 - Getting what you can, without regard for others



- Empathy and Compassion
 - Latin and Greek origins mean “to suffer with”
 - Identifying with another person
- A child’s success is not simply determined by intellect and computer skills

- Challenge for parents: How to nurture connectedness in a disconnected world?
 - Parents and personal difficulties with empathy
 - The Birthday Party Incident



Teaching Children to Share

- Developmental Cognitions
 - Child has ownership. ‘Its mine!’
 - Selfishness is a step toward sharing
 - Child’s world broadens. “Its yours.”
 - Awareness of others begins
 - Awareness of time. “Mommy how long?”
 - The item will be his again, after a period



Teaching Children to Share

- Model generosity
 - Share your *toys* willingly.
 - “Want some of my cookie?”
- Play sharing games
 - “Share Mommy” where each child sits on one knee
 - “Snack Share” where each child gets a snack, breaks off a piece, and passes it on to the next child
 - “Time Share” where you resolve toy squabbles by setting a timer and allowing each child the same amount of time



Empathy Games

- Teaching that other children have feelings
- “How would you feel if . . . ?”
 - Getting behind the eyes of another child
 - Say: “Sean, how would you feel if Jason pushed you and took your toy? You would be angry and you might not want to play anymore.”
 - Research on teaching empathy

Teaching School Age Children to Care

- Show that choices have consequences
 - “Jason, what do you think might happen when the water balloon hits the car?”
- Avoid covering up uncomfortable feelings
 - Give care and attention to sadness, guilt, anger
 - Allowing your child to be total person encourages your child to see others as total persons

Teaching Empathy to Teens

- Empathy first, explain later
- Expanding the self
 - Community
 - Service

The background of the slide is a dramatic landscape. The sky is dark and filled with heavy, grey clouds, suggesting a storm or a late evening. A bright light source, possibly the sun or moon, is visible on the horizon, creating a strong lens flare and illuminating the scene from the right. The sea is dark and choppy, with small waves visible. The overall color palette is dominated by dark blues, greys, and a bright white/yellow light source. Two white diagonal lines intersect on the horizon, one running from the top left towards the bottom right, and another running from the top right towards the bottom left.

ADHD

Issues and Treatment

What is ADHD?

- Attention Deficit Hyperactivity Disorder
 - Condition of poor attention and/or impulsive behavior
 - 3-5% of children, 1 per classroom
 - Hyperactive/impulsive symptom: “discipline problems”
 - Inattention: passive, poor motivation, daydreamy

- 3 types of ADHD
 - Predominantly hyperactive-impulsive type
 - No problems with attention
 - Predominantly inattentive type
 - No hyperactive behavior
 - Combined type
 - Both hyperactive and inattentive



Hyperactivity/Impulsivity

- Hyperactive
 - Child is “on the go”, constantly in motion
 - Touch or play with whatever is in sight
 - May talk incessantly
 - Squirm, fidget, roam the room
 - Feeling of restlessness
- Impulsive
 - Unable to think before they act
 - No regard for later consequences
 - Blurt out answers or inappropriate comments
 - Display emotions w/o restraint
 - Difficulty waiting and acting out of turn

Inattention

- Boredom with tasks after a short time
 - Can't keep their mind on any one thing
- Novel, fun tasks will hold their attention
 - Focusing deliberately, to organize, complete a task, or learn something new is difficult
- Distracted by irrelevant sights or sounds
- Rarely follow instructions carefully
 - Particularly oral instructions
- Homework
 - Forget assignments, bring home the wrong book
- “Spacey,” easily confused, lethargic

Diagnosis

- Teacher
- Referral to private psychologist or school psychologist for evaluation

What is an ADHD evaluation?

- History and rule outs
 - School records, medical records
- Interviews: child, teacher, parent
- Assessments
 - Conners Teacher/Parent Rating Scale
 - Tests of Intelligence or School-based learning and achievement
 - IVA CPT (Integrated Visual and Auditory Continuous Performance Test)

What treatment is most effective?

- Medication alone is superior to behavioral treatment alone
 - Stimulants are the only treatment that normalizes inattentive, impulsive, restless behavior in ADHD children
 - Improvement in attention span, concentration, resistance to distraction, and thoughtful, reflective behavior
 - Best outcome is with medication + behavioral treatment
 - Stimulant medications: increase activity in the brain
 - Activated part of the brain: inhibits behavior and maintains effort on tasks
 - Adderall, Concerta, Cylert, Dexedrine, Dextrostat, Focalin, Ritalin
 - Extended Release: Metadate ER, Metadate CD, Ritalin SR
 - Long-Acting: Ritalin

- Side Effects

- Decreased appetite, increased heart rate/blood pressure, insomnia, nervous tics
- Drugs in use for 30-60 years, no significant long-term side effects have been reported
- “Side-effects” from untreated ADHD:
 - academics, social relationships, and self-concept
 - “Least effective dose”
 - Stimulants do not make children “high”

- Diet restrictions and ADHD

Behavioral Tx: Coaching Your Child

- Post a Schedule
 - Keep same routine every day: wake-up, homework, playtime
- Make a homework book
- Give your child frequent and immediate feedback
- Start a reward system
 - Incentives before punishment
 - Give your child a star if they wait to talk until others are finished talking

Issues for Consideration

- Causes of ADHD
 - Brain disorder, lowered neural activity
- ADHD and Gender
 - A highly masculinized brain?
 - A school system organized around feminine models of behavior?
- Teacher fantasy
 - “every child will sit quietly in their seat, attending to all lessons”



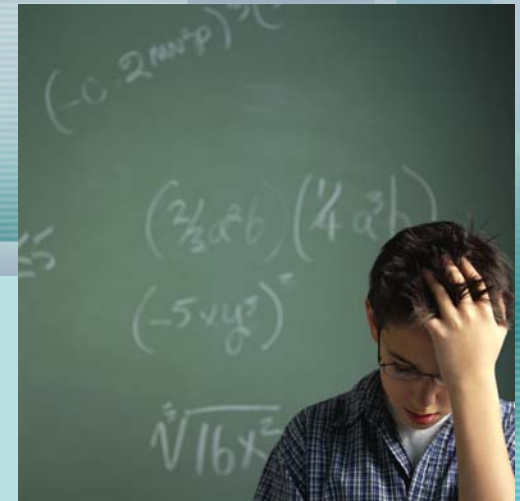
Learning Disabilities Issues and Treatment

What is LD?

- Not all great minds think alike!
 - A neuropsychological condition
 - Achievement vs. ability
- 1 in 7 Americans (NIH)
- Problems with reading, writing, arithmetic, spelling, reasoning, visual-spatial functions
- Resource:

<http://www.ncld.org/>

National Center for Learning Disabilities



Common Signs of LD



- **Preschool**
 - Speaks later than most children
 - Pronunciation problems or difficulty rhyming
 - Trouble learning numbers, letters, day of the week
 - Trouble interacting with peers
- **Grades K-8**
 - Slow to learn connection between letters and sounds
 - Confuses basic words (run, eat)
 - Makes consistent reading and spelling errors
 - Confuses arithmetic signs
 - Impulsive, difficulty planning
 - Poor concentration

Common Signs of LD



- Grades 5-8
 - Reverses letter sequences (soiled/solid)
 - Avoids reading aloud or writing
 - Trouble in relationships or understanding facial expressions
 - Difficulty with handwriting and word problems
- High School and Adult
 - Continues to spell incorrectly
 - Avoids reading and writing
 - Works slowly, poor grasp of abstract concepts
 - Pays too little attention to detail or focuses on them too much

Diagnosing LD

- Parent/teacher Interview
- Cognitive Evaluation
- School Based Achievement
- Score difference



How to Talk to Your Child with LD

- Reassure your child that he/she is not dumb or lazy
- Get informed
- Honesty and Optimism
- Focus on Your Child's Talents and Strengths

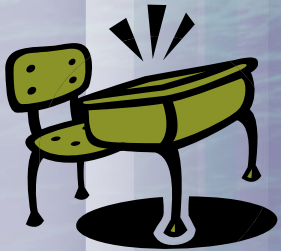
Interacting with the School

- Utilize school resources to obtain an evaluation
 - The school is obligated to test kids they suspect may have ADHD or LD
- Parent Training and Information (PTI) center
- Inform the school on your child's diagnosis
- Complete an IEP (Individualized Educational Plan) with the school
 - Accommodations, specialized instruction, assistance
- Form a personal relationship with your child's teacher

Thanks for Attending Our Seminar!

Please attend our next seminar on:

Eating for Health- October 17, 2006



Employee Work/Life Center 301.713.9456
Worklife.Center@noaa.gov