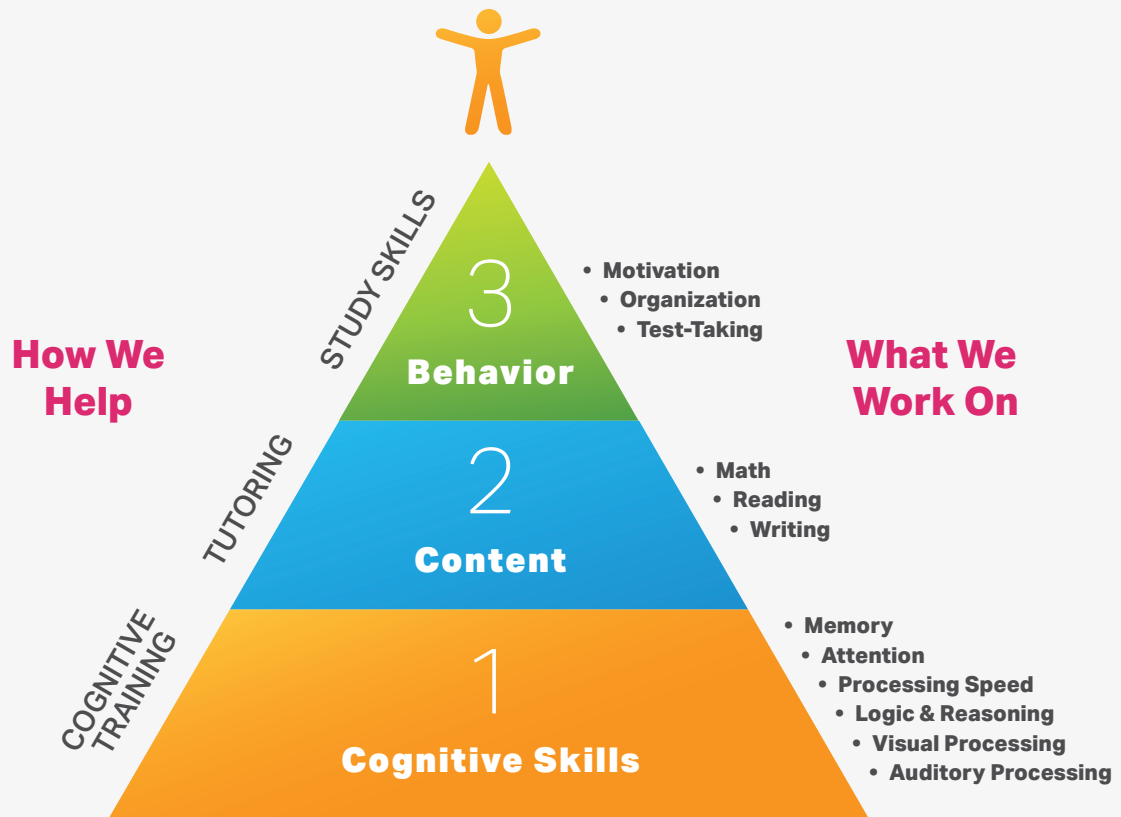


Putting ADHD into Focus:

Potential Pyramid™



Does your child...

- | | |
|--|--|
| <input type="checkbox"/> Make careless mistakes | <input type="checkbox"/> Fidget and squirm |
| <input type="checkbox"/> Struggle to sustain attention | <input type="checkbox"/> Struggle to stay seated |
| <input type="checkbox"/> Not listen when spoken to | <input type="checkbox"/> Talk excessively |
| <input type="checkbox"/> Struggle to follow instructions | <input type="checkbox"/> Play or perform tasks loudly |
| <input type="checkbox"/> Tend to be disorganized and messy | <input type="checkbox"/> Act as if “driven by a motor” |
| <input type="checkbox"/> Dislike tasks that require extended focus | <input type="checkbox"/> Run or act restless in inappropriate situations |
| <input type="checkbox"/> Lose or misplace items | <input type="checkbox"/> Blurt out answers |
| <input type="checkbox"/> Become easily distracted | <input type="checkbox"/> Have difficulty waiting their turn |
| <input type="checkbox"/> Forget daily, mundane things | <input type="checkbox"/> Interrupt or intrude on others |

Total:

Total:

If either score is **above or equal to 6** or if you have concerns, schedule a complimentary consultation.

Evaluation:

Psychoeducational Testing with a clinical psychologist at The Nectar Group

- Includes a parent interview, collection of parent and/or teacher surveys and observations, student interview, and assessment of cognitive function, reading, writing, math, and behavior such as impulsivity, focus, and attention
- Identifies the root causes of attention struggles and diagnoses any co-occurring disorders (i.e. dyslexia, anxiety, or auditory processing disorder)
- This is a complete cognitive, academic, and biopsychosocial evaluation with high accuracy
- Evaluation results are focused on treatment and remediation of the root causes of any identified issues and include recommendations for accommodations, home and lifestyle changes (i.e. nutrition, sleep, stress reduction), and a comprehensive treatment plan



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Holistic Treatment at The Nectar Group:

- Cognitive Skills Training to address the root causes of ADHD
- Executive Function and Study Skills Coaching to improve behaviors

Other Treatment Options to Support Students with ADHD:

- Neurofeedback
- Psychological Interventions
- Lifestyle Changes

Lifestyle Changes:

Exercise

1. Five times a week for at least 30 minutes each time
2. Focus on what the ADHD brain needs:
 - Structure
 - Variety

Sleep

1. Establish a daily bedtime routine
2. Create a relaxing sleep environment
3. Limit caffeine and screen time

Diet

1. Increase intake of healthy fats, especially Omega 3's
2. Balanced meals and snacks
 - Each meal or snack should contain healthy fat, complex carbohydrates, and protein
3. Limit or eliminate sugar and processed food consumption

NOTES:



Strategies for at Home Learning and Homework:

- **Focus Timer:** Set a focus timer for sustained attention to schoolwork. Hold tightly to work time and break time. Clearly communicate the timelines so children know what to expect and when a break is coming
- **Take a Screen Break:** Engage in technology-free activity during breaks
- **Go Outdoors:** Get outside and engage in physical activity, sunshine, and fresh air
- **Manage Tech Distractions:** Utilize parental technology controls: block access to apps & social media
- **Make a Schedule:** Set and stick to a routine...bedtimes, wakeup times, mealtimes
- **Mindful Eating:** Control sugar and processed food

Resources:

Testing and ADHD Treatments:

- The Nectar Group TheNectarGroup.com

Books:

- “ADHD without Drugs” by Dr. Sanford Newmark
- “Grain Brain” and “Brain Maker” by Dr. David Perlmutter, MD
- “Parenting the Whole Child” by Dr. Scott Shannon, MD
- “Talking Back to Ritalin” by Dr. Peter Breggin, MD
- “Spark” by Dr. John Ratey, MD

Gluten and Food Allergen Testing:

- EnteroLab.com

Next Steps:

Contact The Nectar Group for any of the following:

- Complimentary Cognitive Skills Screen
- Comprehensive Cognitive Assessment or Psychoeducational Assessment
- Complimentary Consultation to discuss best next steps or to review outside testing



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