

LET & ABLE Newsletter

Issue 98 ... March 2023

Soon the summer months will be upon us and with it comes my heightened concern about the well-being and safety of children! The summer will be a time of fun for us all, but let's not overlook the dangers and fears that our children might face.

I'm afraid to look at the statistics regarding injuries, abductions, shootings, abuse, killings and sexual abuse involving children that take place from the day after school dismisses for the summer until Labor Day weekend. Having attended dozens of presentations, conferences and seminars on adverse childhood experiences, trauma and human trafficking, I feel that it is my job and duty to encourage parents and everyone else to be more vigilant at protecting our children from being sexually abused for the summer months.

What we all want is for our children to have a tremendous summer. To ensure the such, we will need strategies for helping them stay safe and provide close supervision that deters acts of sexual abuse. Childhood sexual abuse happens way too often. The least we can do as working professionals, parents and caring adults for the next 10 to 15 weeks is to protect our children from possible sexual abuse.

For the sake our children, will you be more mindful and aware? I will. This summer, will you be the voice and place of safety for our children? I will. Will you do your part to protect our children? I will.

Recco

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**Recco S. Richardson Consulting.
Flushing, MI .. Flint, MI**

Parenting Today's ADHD Children/Teens

By Recco Santee Richardson, Ph.D., LPC

This article discusses what I have come to know about childhood/Teen Attention Deficit Hyperactivity Disorder (ADHD). Specifically, this article shares what tends to make a positive difference in the lives of ADHD children/teens within the home, school, and community.

ADHD is a common mental health diagnosis given to children/teens. It can be caused by genetics, trauma at birth, the environment, and brain mis-firings. ADHD children/teens often have several behaviors and symptoms that negatively affect their education, social skills, boundaries, planning, and self-worth (see chart #1).

Chart #1 ADHD Behaviors Symptoms

Impatient	Impulsive Acts	Forgetfulness
Unorganized	Talkativeness	Poor Focus
Lose Things	Easily Frustrated	Constant Moving
Poor Attention	Poor Planning	Easily Distracted
Lying/Untruth	Incomplete Tasks	Lose Interests
Blank Stares	Day Dreaming	Low Tolerance
Over-Stimulated	Poor Recall	Laziness/Quits
Indifference	Ignore Request	Constant Tapping
Touches Things	Poor Social Skills	Trouble Waiting

Having provided 15,000 ADHD children/teens with counseling and treatment interventions, I can say for surety that parenting such a child can be difficult. It can also be difficult to teach and manage the behaviors of ADHD children/teens within the K-12 school classroom setting. Below are thoughts regarding how to best manage ADHD symptoms.

1). Diet: For all of us, the foods we eat can positively and negatively affect our emotions and behaviors. For ADHD children/teens, there are many foods that should be consumed in moderation or avoided. Briefly, foods that are processed, have lots of sugar, and feature red dye tend to agitate or stir up ADHD symptoms. *(cont. page 4)*

This Article Discusses

ADHD & Children

ADHD Symptoms

Ways To Address ADHD

Self-Management

The Importance of Discipline

Teachable Moments

Photos of ADHD Children/Teens



Famous People Who Had/Have ADHD

Biles, Simone: Gymnast

Disney, Walt: Entrepreneur

Einstein, Albert: Physicist

Hilton, Paris: Hotel Heiress

Gates, Bill: Entrepreneur

Goslin, Ryan: Actor

Knowles, Solange: Singer

Levine, Adam: Singer

Ling, Lisa: Journalist

Mandel, Howie: Comedian

Phelps, Michael: Swimmer

Smirnoff, Katrina: Dancer

Tatum, Channing: Actor

Timberlake, Justin: Singer

Will.I.Am, Rapper

A quick way to decrease ADHD symptoms is to improve daily diet and restrict certain foods intake. As we all know, the starting point for improving our emotions and physical health, is to improve our diet. A healthy and regular serving of fruit, vegetables, salads, non-fried foods, healthy snacks, fish, vitamins, and natural supplements can help ADHD children/teens manage transitions, stick with tasks longer, successfully negotiate stimuli, and make good decisions.

2). Structure: One of the most difficult things for an ADHD child/teen to do is to excel in structured settings. Their need to move, touch, explore, and check out often overrides their desire to engage and exhibit emotional resilience. The best way to enhance the ability to excel in structured settings is to provide it early on in life and as often as possible. Parents and teachers can train a child/teen and their brain to function properly within established and expected guidelines.

***"A lack of structure
can encourage
ADHD symptoms"
Dr. Recco***

With no doubt, most ADHD children/teens need structure that features a regular and set bed time, restricted usage of video games, limited unstructured time, step-by-step instructions, daily reminders, acknowledgement of their positive responses, planned opportunities to explore and share their thoughts with others, daily validation, and support. All of the stated promotes positive behaviors within structured settings like home life, religious activities, and classrooms. For ADHD, a healthy dose of structure is necessary, especially if it is draped and wrapped in love.

3). Self-Management: The key to ADHD children/teens (and all of us) managing their behaviors, responses, words, and intentions is simple. They must lasso their impulses and avoid engaging in risk-taking behaviors. An intentional and planned out effort to better tolerate and side-step things presented within the environment, must become second nature and a way of life. (*Cont. page 6*)

**Books Written By
Dr. Recco Santee Richardson, Ph.D., LPC**

“Listen To Me: A Journey Into The Expressions of Our Youth.”
Richardson, Recco, Santee Publication, Flint, MI (2009).

“Parenting Your Child’s Anger.” Richardson, Recco, Santee
Publication, Flint, MI (2010).

“Parents Helping Children Learn: Your Child Can Earn A’s.”
Recco Santee Richardson, Santee Publication, Flint, MI (2010).

“Restorative Recovery Reference Guide: Treatment Strategies For
Helping Survivors of Childhood and Adult Sexual Abuse Heal.”
Richardson, Recco, Santee Publication, Flint, MI (2010).

“One Liner Life Lines: Teens Helping Teens Make It Another
Day.” Richardson, Recco & Others, Recco S. Richardson
Consulting, Inc., Flint, MI (2016).

“Secrets to Great Outcomes For Children From Single-Parent
Homes.” Richardson, Recco Richardson, Recco S. Richardson
Consulting, Inc., Flint, MI (2017).

“Prayer Secrets! You Can Have Access, Insight, Inspiration &
Activation” Richardson, Recco, Ferguson, Jacqueline & Houston,
Myra, Recco S. Richardson Consulting, Inc., Flint, MI (2018).

**Other Books Published By Recco S. Richardson
Consulting**

“AAH!! Moments: Three Teens Thinking Out Loud.” King,
Danielle, Cranfill, Jessenia & Greenlee, Najee. Recco S.
Richardson Consulting, Inc., Flint, MI (2017).

“ENABLE Us. Urban Students Reflect On Education.” Collins,
Nandi, Dubay, Joshua & Spencer, Donnell, Recco S. Richardson
Consulting, Inc., Flint, MI (2015).

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Book Writing Tips

- > **Secure an inspired thought**
- > **Write with intention Be honest and real**
- > **Have a love for writing**
- > **Release your passion**
- > **Be creative and daring**
- > **Describe experiences**
- > **Reveal truths**
- > **Make definitive points**
- > **Seek to inspire others**
- > **Question the known**
- > **Express yourself fully**
- > **Give your words life**
- > **Know your topic**
- > **Have a marketing plan**
- > **Write to inform**
- > **Explain a phenomenon**
- > **Research and research**
- > **Have something to say**

To do the stated successfully consistently, ADHD children/teens must purpose within themselves to put forth their best effort daily. They also must make the quality decision to improve their responses to noise, lights, sounds, and change. All children can learn to self-manage to overcome obstacles that hinder their emotional and social progress.

Self-management, along with personal discipline and being goal oriented, have a long history of enabling ADHD children/teens to succeed and meet the established expectations. As adults, we must sell them on the fore-mentioned and attach rewards to their successful acts of self-management.

4). Medication: An effective way to treat ADHD is medication. Medication should be the last resort and used until the child develops adequate coping skills. The last resort status often sneaks up on parents. They do not recognize that the stage has been reached as evidenced by their child burning most bridges at school, somehow failing to have learned the basics of reading and writing, and not having many friends due to annoying everyone.

5). Social Skills: I have found that social interactions and violating the space and needs of others is what usually earns ADHD students a trip to the principal's office. This is true because the inability to self-regulate and successfully decipher space, timing, and other's needs, can blur the lines and cause ADHD children/teens to ignore, run over or dismiss critical relationship-oriented concepts. They really can be clueless and self-centered to the point of violating basic tenants of friendship, sharing, acceptance, and teamwork.

To help in this area, constant reminders and teachable moments must take place. In addition, role playing and placing themselves in the shoes of the other person are helpful. Efforts should also be made to expose ADHD children/teens to volunteer opportunities. The volunteering would help them decide to self-manage properly.

***"Consistent effort
can thwart ADHD
symptoms" Dr.
Recco***

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