

Summer Survival

Summer can be a time of rest and relaxation. But for many AD/HD families the rest simply comes from the break parents (and kids) get from the homework hassles. At last, there are no calls from school, no nightly battles over study time. Everyone just wants to take a break from school. It is a necessary break for most children, but especially needed for AD/HD and LD students.

While there is a natural desire to forget about anything related to school or AD/HD treatment for the summer (“We are just tired of fighting all the time”), summer can be a time to repair relationships in the family, learn how to better deal with AD/HD symptoms, and better prepare for the upcoming school year.

In order to make the summer and the upcoming school year a positive experience, consider these guidelines:

- ◆ Focus on relationships This is the opportunity to spend time together– to make a relationship with your child based on unconditional love, not the latest school incident.
- ◆ Summer school Many AD/HD students perform better in summer school. The rules are more relaxed, teachers seem more easy going, classes are often smaller– all ingredients of success for AD/HD students.
- ◆ Continue to treat the AD/HD AD/HD does not disappear in the summer. Symptoms of inattention, impulsiveness, disorganization, emotional overarousal, anger control problems– all remain whether in school or not. Medication often address symptoms of irritability, moods swings, boredom, anger control– families get along better when the AD/HD student is medicated even in the summer.
- ◆ Consider tutoring Summer may be a time to catch up on work, to learn material without the demands from other classes.
- ◆ Plan AD/HD vacations only Remember, AD/HD individuals like to have fun– or at least like being on the go. If they cannot do either, they are more apt to be argumentative, crabby, and irritable. Plan vacations with this in mind.
- ◆ Plan for the school year This may be the time to contact school officials to schedule needed services.