

ATTENTION / IMPULSIVITY

KARATEBUILT PARENT GUIDE

What To Do If Your Child Is Hyperactive or Inattentive...

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DON'T PANIC! Kids are often hyper, kids often don't pay attention. A lot of the time it's not a big deal! However... you are reading this so you are probably thinking that your child is a bit different and you may want help or more information on kids who are impulsive, hyperactive or just don't pay attention.

I'm sure like most parents you have heard about the childhood issues called Attention Deficit Hyperactivity Disorder (ADHD) or Attention Deficit Disorder (ADD) and you may be concerned about whether your child "has this" and / or what you should do if they do. We're going to cover two things:

- Some things you should watch out for that will help your child
- Some things to do for ALL kids to help with discipline and achievement at home and school

The last thing to remember is *you are at the right place* because at **KarateBuilt Martial Arts**, we are experts in helping all kids with building **self-discipline** - the first building block to being disciplined with others and being successful in life.

PARENTS! TAKE A LOOK BELOW AND SEE IF YOUR CHILD HAS SOME OF THESE SYMPTOMS...

SYMPTOMS OF INATTENTION: No child will have all of these symptoms - these are some things professionals look at that indicate inattention:

- Often fails to give close attention to details or makes careless mistakes in schoolwork, at work, or with other activities.
- Often has trouble holding attention on tasks or play activities.
- Often does not seem to listen when spoken to directly.

- Often does not follow through on instructions and fails to finish schoolwork, chores, or duties in the workplace (e.g., loses focus, side-tracked).
- Often has trouble organizing tasks and activities.
- Often avoids, dislikes, or is reluctant to do tasks that require mental effort over a long period of time (such as schoolwork or homework).
- Often loses things necessary for tasks and activities (e.g. school materials, pencils, books, tools, wallets, keys, paperwork, eyeglasses, mobile telephones).
- Is often easily distracted
- Is often forgetful in daily activities.

SYMPTOMS OF HYPERACTIVITY / IMPULSIVITY:

Likewise, no kid will have all of these symptoms but professionals have this list to review when evaluating hyperactivity and impulsivity:

- Often fidgets with or taps hands or feet, or squirms in seat.
- Often leaves seat in situations when remaining seated is expected.
- Often runs about or climbs in situations where it is not appropriate (adolescents or adults may be limited to feeling restless).
- Often unable to play or take part in leisure activities quietly.
- Is often "on the go" acting as if "driven by a motor".
- Often talks excessively.
- Often blurts out an answer before a question has



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been completed.

- Often has trouble waiting his/her turn.
- Often interrupts or intrudes on others (e.g., butts into conversations or games)

WHAT IF MY KID SHOWS A LOT OF THESE SYMPTOMS? If your child demonstrates 6+ symptoms or any one of them that seems severe (and feel free to discuss these with one of the instructors), **we recommend you meet with your primary care physician and discuss the symptoms with them** (KarateBuilt Instructors are not medical professionals and do not provide diagnoses).

SOME OTHER HELPFUL INFORMATION FOR YOU...

WHAT IS ADHD? ADHD is Attention Deficit Hyperactivity Disorder and 9.4% of kids are reported to have it (that data is from the Centers for Disease Control as of 2016 but estimates seem to be rising). You may have heard the term ADD (or ADHD without the hyperactivity) and this is not an "official" diagnosis. Children can have ADHD without hyperactivity but diagnoses are as follows:

- ADHD: Combined (shows both hyperactivity & inattention)
- ADHD: Predominantly Inattentive (shows only inattention)
- ADHD: Hyperactive-Impulsive (shows only hyperactivity)

WHAT CAUSES ADHD? ADHD is thought to be caused mostly by genetics but there is some evidence that there are some other factors that may influence ADHD such as brain injury, alcohol and tobacco use during pregnancy, premature delivery, low birth weight.

Research does not show ANY affect from eating too much sugar, watching too much television, parenting, or social and environmental factors such as poverty or family chaos. Now KarateBuilt Martial Arts doesn't recommend extra sugar or TV but research is showing this isn't contributing to kids being hyper.

RECOMMENDATIONS FOR ALL CHILDREN...

- Model the behavioral program we use at KarateBuilt Martial Arts. You'll rarely notice major discipline issues and the kids are having a lot of fun... **yet** you'll see a very disciplined environment. **Watch what we do.**
- The discipline system at KarateBuilt Martial Arts is a modified version of Thomas Phelan's book "1•2•3 Magic" - in our opinion, the best book ever written for parents. We recommend: buy it. **Read it.**
- Use the Personal Victory Program. That's the Red, Gold and Blue Star program where the kids earn Stars. **You should be recommending them for a star at least once a week!**
- Stick with KarateBuilt Martial Arts all the way to Black Belt and beyond. There are numerous benefits of martial arts training - that's why we always set Black Belt as a goal. Ex: our research with Arizona State University and 100s of students across the nation has shown that becoming a Black Belt is the #1 thing you can do to reduce bullying. We also know that martial arts improves self-esteem and discipline... **that last part is exactly what you need for a child with ADHD, and the other parts are what every child needs.**

Other Resources And Things You Can Do!

- Bring a KarateBuilt Martial Arts instructor to your school to talk about discipline or help your teachers. Your KarateBuilt Instructor can help your child's school in a variety of ways including safety classes, life skill training and more. **This will help your own child's environment get better!**
- **If you child is not a student at KarateBuilt Martial Arts, enroll right now!** The KarateBuilt Program will help build your child's confidence and self-discipline so they can handle anything!