

Welcome to the Channel-Surfers' Club!

(For ADDers 8-12 years old)

by

Dr. Teeya Scholten

Chartered Psychologist

2nd Edition

© June 2002





Welcome to the Channel-Surfers' Club!

(For ADDers 8-12 years old)

by

Dr. Teeya Scholten

Chartered Psychologist

2nd Edition

© June 2002



To the child...

This book is about welcoming YOU to the club of people with A.D.D. It is written to help you see how YOU can “be the best you can be, as naturally as possible”! It can be read all at once or just a bit at a time... all by yourself or with one of your parents in a special kind of “private time”. What would YOU like best? I have A.D.D. too, and I like to think of us ADDers as being “mental channel-surfers” – people who can think of lots of different things at once. Isn't it neat to realize that YOU are part of a growing worldwide club of people who have this special ability? My hope is that this book will help you to appreciate your special strengths and abilities. It might even help you to find ways to solve some of the problems you might be experiencing right now. So WELCOME TO THE CLUB!

To the parent...

Welcome to the Channel-Surfers' Club! has been written in a positive, up-beat way for children who have been diagnosed with AD/HD. It talks about the importance of understanding ourselves in a “wholistic” way, in terms of mind, body and spirit. It describes A.D.D. as “Attention Deluxe Dimension” and ADDers¹ as having “channel-surfing minds”. This can result in special abilities. These abilities can sometimes get us into trouble, but can also help us to accomplish a lot of great things. However, we have to learn how to harness the special energy of the ADDer. Do you see A.D.D. as a deficit or “deluxe” amount of attention? It's YOUR CHOICE! Do you think of your ADDer as being distractible or perhaps as particularly observant? Do you see her behavior as impulsive or a sign of a quick decision-maker? Is he hyperactive or simply full of energy? It takes some effort to think in these ways, but it's worth it, in my opinion! As parents, I encourage you to use positive language whenever possible...it WILL make a difference to your child's self-esteem. If you would like more information about taking a wholistic approach to your child, please refer to Dr. Scholten's The A.D.D. Guidebook: A Comprehensive, Self-Directed Guide to Addressing Attentional Concerns in Adults and Children. Information about this and other books in the “Good News About A.D.D.” Series is contained in the back of this book on page 45-48.

Great people don't do great things, they do little things in great ways.

Mother Theresa

To all ADDers - the “Channel-Surfers” of the world...

...may you become the very “best you can be”!!!

¹ ADDer is a term invented by CH.A.D.D. (Children and Adults with Attention Deficit Disorder) – it is a national self-help organization dedicated to children and adults with Attention Deficit/Hyperactivity Disorder (AD/HD) and their families. Call 1-613-722-8482 in Canada or 1-954-587-4599 in the U.S. to find a support group close to you.

Scholten (2002) *Welcome to the Channel-Surfers' Club!*

Canadian Cataloging in Publication Data

Scholten, Teeya

Welcome to the channel-surfers' club!

(The good news about A.D.D.)

ISBN O-9682549-7-7

1. Attention-deficit hyperactivity disorder—Juvenile literature. I. Scholten Psychological Services. II. Title III: Series: Scholten, Teeya. Good news about A.D.D.

RJ506.H9S368 1999 j618.92'8589 C99-900857-9

Scholten Psychological Services, Calgary, Alberta
 Plaza 14, Suite 217, 811-14th Street NW, Calgary, AB. T2N 2A4
 Phone: (403) 230-2959
 Fax: (403) 270-2650
 e-mail: teeya@shaw.ca

Copyright ©2002 by Scholten Psychological Services

All rights reserved. Selected material in Welcome to the Channel-Surfers' Club! may be reproduced, as long as the source is cited.

Year and number of this printing: 2003

Published privately in Canada

Other books in

“Good News About A.D.D.” Series :

“Attention Deluxe Dimension”: A Wholistic Approach to A.D.D.

Riding the Wave: Behavior Management for Parents of Children with A.D.D.

Turning the Tides: Teaching the Student with A.D.D.

The A.D.D. Guidebook: A Comprehensive, Self-Directed Guide to Addressing Attentional Concerns in Adults and Children

See page 45-48 for a description of these books. Phone: (403) 230-2959 or Fax: (403) 270-2650 to order.

What is this book all about?

Introduction

| | |
|--|----|
| Welcome to the Channel-Surfers' Club!..... | 6 |
| The things that make you SPECIAL..... | 10 |

Part One

| | |
|---|----|
| Taking Care of your MIND..... | 12 |
| Having “Attention Deluxe Dimension” can be lots of fun..... | 16 |
| How you handle information..... | 17 |
| Your Learning Strengths and Challenges..... | 19 |
| Your Personality Type..... | 22 |

Part Two

| | |
|--|----|
| Taking Care of your BODY..... | 24 |
| Food Sensitivities..... | 25 |
| Other things to help your Mind and Body..... | 28 |
| Some people take pills for their A.D.D..... | 28 |

Part Three

| | |
|---------------------------------|----|
| Taking care of your SPIRIT..... | 34 |
|---------------------------------|----|

| | |
|-------------------------|----|
| <i>In Summary</i> | 41 |
|-------------------------|----|

| | |
|-----------------------|----|
| About the Author..... | 42 |
|-----------------------|----|

| | |
|---|----|
| The “ <i>Good News About A.D.D.</i> ” Series..... | 45 |
|---|----|

| | |
|--|----|
| “Channel-Surfers' Club” Certificate..... | 49 |
|--|----|

| | |
|----------------------------------|----|
| All about YOU Summary Sheet..... | 50 |
|----------------------------------|----|

| | |
|--------------------|----|
| Feedback Form..... | 51 |
|--------------------|----|

| | |
|-----------------|----|
| Order Form..... | 52 |
|-----------------|----|

By the end of the book, you should have a much better idea of how SPECIAL YOU ARE and how to be the very BEST YOU CAN BE in your life. So let's begin the adventure of finding out more about YOU!!!

Welcome to the Channel-Surfers' Club!!!

Yes, this is a club of “channel-surfers”! We are people who have been diagnosed with A.D.D. Those of us with A.D.D. (sometimes called ADDers²) all have brains that can think of LOTS of different things at once. Not everyone can do that, you know!!! It seems that ADDers have special “channel-surfing brains”!



Do you ever channel-surf on TV? It’s kind of like that – only in your brain! The minds of ADDers go from thought to thought even more quickly than your TV remote control changes the channels on your TV!!! Can you imagine?!?

Because we can think of SO MANY different things at once, we say that we have a “DELUXE” amount of attention. You know, kind of like a “deluxe” hamburger with everything on it?!? So the A.D.D. brain has a “deluxe” kind of attention.

² ADDer is a term invented by CH.A.D.D. (Children and Adults with Attention Deficit Disorder) – it is a national self-help organization dedicated to children and adults with Attention Deficit/Hyperactivity Disorder (AD/HD) and their families.

*And because we have a “deluxe” amount of attention,
we say that we have:*

“Attention Deluxe Dimension”

I like this name a LOT better than the other name that a lot of ADDers get called.³⁾

So, as a member of the “Channel-Surfers” Club, I hope that you will always use the name “Attention Deluxe Dimension”. I hope you encourage your parents and teachers to do the same.

When we think of ourselves in positive ways and use positive language, it is like giving ourselves a present every moment of the day!!!



³ ADDers are sometimes told that they have “Attention Deficit/Hyperactivity Disorder” – Although this might be necessary for diagnostic purposes, I feel that it can be destructive to one’s self-esteem to think in terms of “disorder, dysfunction or disability”. I encourage elimination of these words from your vocabulary, unless they are needed for the sake of diagnosis, treatment and/or academic or workplace accommodations.

Did you know that there are lots of us with A.D.D.?

It looks like 1 out of every 5 people in the world belongs to the Channel-Surfers' Club. But it can be hard to tell who the members of the club are, because we all look different. We live in every country in the world. We could be a boy or a girl, a child or a grown-up, tall or short, thin or fat, quiet or noisy. Our skin could be any colour.



We are different in many ways, but in one thing we are the SAME. We have “CHANNEL-SURFING” MINDS.

Because we can think of so many different things within such a short time, we often get new and different ideas. People say that we are “creative” and can often think of new and different ways to do things. Do you ever get creative ideas?

And the number of ADDers is growing! Do you know why?



Some people think that there are more and more of us with A.D.D., because we have the kind of mind that the world needs. Some people say that we are “wired for the 21st century”. That is because we have lots of creative ideas and we usually have lots of energy for paying attention to things that are interesting to us. Because of these things we can do great things for the world. That is, if we can learn to understand ourselves and figure out how we work best!


So we are happy that YOU belong to our **Channel-Surfers' Club!**

As club members, we believe that the **key to becoming a successful “channel-surfer”** is to learn how each of us works best. So, the purpose of this book is for YOU to find out how YOU work BEST.



Those of us in the Channel-Surfers' Club all want to become the “very best we can be”. Is that what you want for yourself, too? If so, read on... This book is really ALL ABOUT YOU!

The things that make you SPECIAL...

 As we grow up, we learn more and more about ourselves. Draw a picture or just answer the questions about what makes YOU SPECIAL

What is your name?

Are you a boy or a girl?

What colour is your hair? Your eyes? Your skin?

How old are you?

Do you have brothers and sisters?


Who do you live with?

Where do you live?

How are you different now than when you were a baby?

What do you really enjoy doing?

What else makes you the SPECIAL person that you are?


 Draw, write a story or paste pictures to show how you have grown from a baby into the “special” person you are now.



Part of growing up is learning how to develop ourselves and our special abilities. We do this so that we can become “the best we can be” and make our contribution to the world. In order to do this, we need to learn all about HOW we work and how to take care of our mind, body and spirit.

Part One - Taking Care of your MIND...

As we grow, we learn what we are good at...(and what we're not so good at!) ***What are you good at?
What do you enjoy doing? What would you like to be when you grow up?***

 Show what you enjoy doing, or what you would like to be when you grow up...



And we learn HOW to make the MOST of ourselves...

What are you good at? Do you take lessons or play on sports teams? Do you read about things you are interested in? Do you build or draw pictures of ideas that you have? What hobbies do you have? What are you doing to build up your skills in things you are good at?



Show or tell about some of the things you are doing to develop your skills...



One of the things we have just learned about YOU is that you have:

“Attention Deluxe Dimension”

(It is sometimes called “A.D.D.” for short!)

What do YOU think it means?

People in the Channel-Surfers Club can have A.D.D. with hyperactivity or without hyperactivity.


When we have A.D.D. WITH hyperactivity, we are pretty active energetic people and we like (and need) to move around a lot. When we have A.D.D. WITHOUT hyperactivity, it is our minds that are active, but our bodies might be pretty quiet.

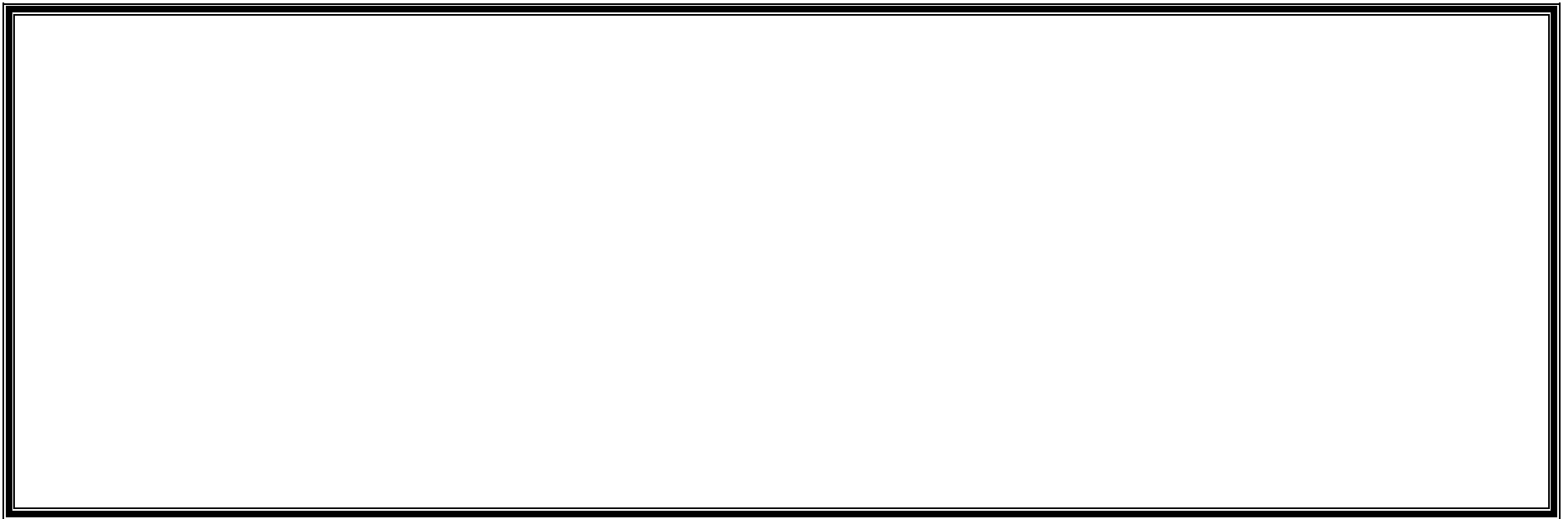
Do you have A.D.D. WITH or WITHOUT hyperactivity? Check which one.

A.D.D. with hyperactivity

A.D.D. without hyperactivity

I have A.D.D without hyperactivity. So I know what it's like to have "Attention Deluxe Dimension". I have a channel-surfing brain that can think of lots of different things at once, just like yours!!!

 Can you show or tell me what it is like for YOU to have "Attention Deluxe Dimension"? What kinds of things does your "channel-surfing brain" think about when you are playing, listening or talking to others?



The Channel-Surfing Brain of the ADDer

Having “Attention Deluxe Dimension” can be lots of fun...

when you can think about so many things at once. Sometimes it helps us get new ideas. We can be very creative and invent things. Some of us draw really neat pictures, make up new stories, design clothes or build neat lego structures. It can be lots of fun to think of new ways of doing things.

When people with A.D.D. have something INTERESTING to do, they don't usually have trouble concentrating on it, getting it done or paying attention. If you are interested in something, it gets your brain excited and you can pay as much attention as you like, right!?!



But sometimes, our minds are SO BUSY that ...

we sometimes get into trouble! Maybe our minds are on another channel and we miss what other people are saying to us. Or maybe we hear information but we don't take it deeply enough into our brains so that we can remember it. Or we can have difficulty concentrating on our work when there's a lot of noise. Does any of this happen to you?

These are examples of how our “deluxe” amount of attention might get in the way of doing some of the things we have to do. And when that happens, life is not all that much fun is it?

***Did you know that your attention can make a difference...
...in how you handle information⁴?***



Check off 4 to 6 areas of information processing which are affected by YOUR attention.

- Staying awake and alert at all times when you are trying to learn or do something
- Taking in information deeply enough into your brain so that you are able to remember it
- Putting the right amount of energy into learning
- Telling what is the most important part of what someone is saying
- Being distracted from what you are doing by things you see or hear
- Being satisfied with what you have now

- Thinking ahead to imagine what things might look like when you are finished
- Behaving in the way you want to
- Timing your activities so that you get places on time
- Always putting the same amount of effort in what you do
- Watching yourself and trying to tell how you are doing
- Learning from what happens to you and changing how you do things

⁴ See the Levine Information Processing Questionnaire in [The A.D.D. Guidebook](#) in order to identify the areas which are affected by your child's attention.

***Did you know that there are strategies^s we can try...
... which can help us to improve?***

We can improve on these areas, you know. Maybe you have already tried some things which have helped you! What have you tried? How did it work?

Do you have an area (which you checked off on the last page) which bothers you right now and that you would like to work on? If you do, fill in the sections on this page. If you don't want to work on anything right now, just skip over to the next page. ⇨

Which area do you want to work on?

What strategy are you going to try for a few weeks and see if it helps? (If you need help coming up with ideas on what to try, your mom or dad might be able to give you some suggestions.)

Your Learning Strengths and Challenges...

Sometimes, in life, we have to do things...

*... that we are **NOT INTERESTED IN**,*

... we don't like or

... that are difficult for us.

Everyone has things that they are good at and not so good at, but some people find some things **really, really easy** to learn and other things **really, really hard**. When this happens, we say that they have a “learning discrepancy” or L.D. All this really means is that there is a BIG difference in the way they learn certain subjects or other kinds of skills.

Is it easier for you to read than to do math or

Are you better at adding and subtracting than at reading?

If there is a difference between how easily you have learned to read than how easily you have learned your math facts, then you may have a learning discrepancy (LD). All this means is that certain subjects at school will be very easy for you to learn, but in other subjects, you will have to work very hard to learn the material.

What subjects are easy for you?

What subjects are hard for you?

- IF you have trouble in reading and understanding what others say to you, you MAY have a “language learning discrepancy” (LLD). In this case, you could do your very best if you had more time on tests (to read and answer the questions). You probably also need to work extra hard at learning the special vocabulary that your teacher uses in certain subjects. If you know the meaning of the words, it’s much easier to understand the material isn’t it?
- IF you have trouble in math and writing, you MAY have a “visual-spatial learning discrepancy (VSLD)”. In this case, you could really show what you actually know if you were allowed to use a computer for doing your assignments and exams. You may also need to find special tricks for learning your math facts (e.g., using flash cards, saying them out loud, singing or tracing them).
- Reducing the number of questions on assignments and/or exams can help students with either types of L.D. – those who need extra time to read and those who need longer to write neatly.

What kind of help will you need in school to get the kind of marks you want to?



Check off the things that you need to be successful...

- Extra time on tests
 - Using the computer for assignments and/or exams
 - Fewer questions to answer
 - Do you have any other ideas as to what would help you to do better in school? What are they?
-



Check off the areas in which you would like some extra help in improving your skills:

- reading
- spelling
- writing neatly
- learning math facts
- learning vocabulary words

Do you have any other areas in which you would like some extra help? What is it? Have you told your mom or dad or teacher?

***Another way in which all of us are SPECIAL...
... is in our PERSONALITY.***

Our personality is something that often determines how we will act in different situations. It also affects what is important to us and the kinds of things we like to do. There are some choices listed below. Which way do you prefer to act? There is no right or wrong answer and it doesn't mean that you will be this way all of the time. It's just what feels most comfortable to you!



What is more comfortable for you? Being...(Check off just one box for each number.)

1. Quiet and shyyou like you have lots of time by yourself to think
 Talkativeyou like to have a chance to talk over your ideas with others
2. Neat and tidyyou like to stay clean and neat and don't like messes
 Interested in ideas you like to do things in new and different ways
3. Sensitive.....you know how others feel and you dislike arguing
 Logicalyou take a logical approach and may say things that hurt others
4. Spontaneous..... you like to live life moment-to-moment with few plans
 Planful.....you like to make plans and finish what you start

Which boxes did you check off?

If you chose:

This means that you may need to:


- | | | | |
|----|--|---|---|
| 1. | <input type="checkbox"/> Quiet and shy | ⇒ | have time alone every day to just be by yourself |
| | <input type="checkbox"/> Talkative | ⇒ | talk over your ideas with others |
| 2. | <input type="checkbox"/> Neat and tidy | ⇒ | learn to relax a bit when you make a mistake |
| | <input type="checkbox"/> Interested in ideas | ⇒ | learn to double-check your work for accuracy |
| 3. | <input type="checkbox"/> Sensitive | ⇒ | decide when to tell people if things are bothering you |
| | <input type="checkbox"/> Logical | ⇒ | ask other people how they feel about what you are doing |
| 4. | <input type="checkbox"/> Spontaneous | ⇒ | do your “work before play” |
| | <input type="checkbox"/> Planful | ⇒ | be willing to change your plans, if needed |

If you want to know more about YOUR PERSONALITY and how to make the most of it, ask your mom or dad to find out more about the Myers-Briggs Type Indicator®. There are lots of good books in the library. Understanding our own and other people's PERSONALITY can help us a lot in getting along with others.

Knowing your skills, your personality and how you learn best is part of understanding yourself and learning how to accept who you are and how your mind works. Now let's have a look at your body.

Part Two – Taking care of your BODY...

Another part of being the best we can be ... means taking care of our bodies. What do you need to do to look after your body?

 Draw a picture or make a list of how you take care of yourself every day.



If you don't care about your body, you will eat only junk food, not get enough rest, fresh air, water or exercise. You'll sit in front of the TV or play video games all day and never spend any time reading, playing, building or drawing. I'm sure that you don't act like this, do you??!?



Food Sensitivities

Did you know that sometimes we THINK that we are taking good care of ourselves, when we are actually doing things that hurt us? Sometimes this happens with the kind of food we eat or things that we breathe. We know that sugar, chocolate and dust are probably bad for everyone...but what about milk and bread? It's good for some people, but can hurt others.

If your parents have tried to figure out what is good and bad FOR YOU, they have probably found out that there are one or two foods or other substances that hurt you. Or maybe you have learned that you don't feel very good when you have certain things. What are they?




Check off the foods and/or substances that are bad for you.

- | | |
|---|--------------------------------|
| <input type="checkbox"/> Milk | <input type="checkbox"/> Wheat |
| <input type="checkbox"/> Corn | <input type="checkbox"/> Sugar |
| <input type="checkbox"/> Anything else? _____ | |

How do these foods hurt you?


Do these things make you feel tired, stuffed up, irritable or just restless? Or do they make it harder for you to pay attention, to be patient and to feel calm and in control?

 Explain or draw a picture of what you feel and act like when you eat the foods that hurt you or when you go near things (like cats, feathers or dust) that might be bad for YOU.

A large empty rectangular box with a black border, intended for the student to draw or write their response.

Just because certain things are bad for you...doesn't mean that you can NEVER have them.

You could eat only a **little bit** of the foods that hurt you or have them **once a week** (unless you are really allergic to them and then you shouldn't have them at all). Even if you are allergic to cats, you might be able to have one, if it NEVER went into your bedroom. Or maybe you'd be better off eating other kinds of foods or with another kind of pet.

 What kinds of things can you eat that are good for you? Write these down or draw a picture of the kinds of foods that help your mind and body to work the best it can.



Other things to help your Mind and Body

***Taking care of our body is very important,
but there are lots of other things that an ADDer can do
... to help our minds and bodies work their very best.***

- Learning how **to relax** before starting something helps us to focus on what we have to do
- Taking a **deep breath** helps us to stay relaxed and to think as clearly as possible
- Even **playing quietly** with something like a small toy can stimulate our brain and help us pay attention!

Some people take pills for their A.D.D.

However, if these things aren't enough to help you to focus when you need to, you may be taking a special kind of **pill** to help you concentrate.

Some people take pills for their A.D.D.

There are two different kinds of pills that people take for A.D.D. Some are called **supplements** and the others are called **medication** or **drugs**.

A) Let's talk about the first kind of pill – the “**supplements**”. These are like a kind of food that some A.D.D. brains need in order to focus. These pills have natural ingredients. That we could get in food if we ate gigantic amounts of it. But that would be kind of hard to do! That's why lots of people take vitamins or mineral supplement. They take the ingredients in pill form

“Nutriceutical supplements” (NEW-TRI-SUE-TICK-AL) are made out of natural ingredients and some people say that they can help with A.D.D. One of the problems is that there are so many different kinds of supplements available that it can be hard for your parents and doctors to know which ones might be best for YOU. Sometimes we just have to try them for a while and see if they help.

*Certain kinds of pills seem to work for some people, and not for others.
Sometimes you just have to do some detective work*



to figure out what works for YOUR body!

B) The other kind of pill is called a “**drug**”. As you know, there are good drugs and bad drugs. Good drugs are called “medication”. This is a kind of medicine which is prescribed by your doctor. It helps our bodies to work as well as possible. Bad drugs are against the law and can hurt you.

Taking a good drug in the right way can help many different types of people.


Have you heard of diabetics who take the drug “insulin” so that they can digest the natural sugar in their system? Or epileptics who take special pills to make sure that they don’t have a seizure? In the same way, certain drugs can be helpful to ADDers because it gives our minds a chemical that it needs in order to concentrate.

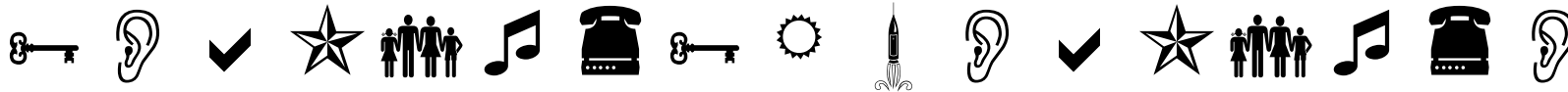
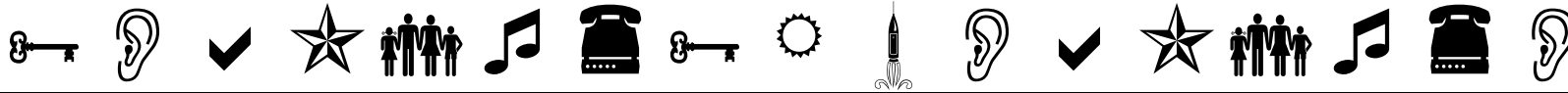
If we are ADDers whose bodies are very energetic, medication can help us to “put on the brakes”, slow down and think before we act. If we are ADDers whose bodies are not active, but whose minds are very busy, medication can actually help us to get going instead of sitting there and thinking about all of the stuff we have to do. Medication can be very helpful if we are trying to do something that is boring or difficult for us to do.



Some ADDers take medication for a few years. Other people take it for a long time. It’s like a tool that can help you do the job that needs to get done. Some people use this tool during school days but not on weekends, while others use it all the time. It all depends on what is best for you.

If you are taking any kinds of pills for your A.D.D., do you feel that they are helping you? How?

 Write down or draw a picture of how you feel after taking pills for your A.D.D.



If you feel tired or sleepy on your medicine, be sure to tell your parents, because it may mean that you are taking too much of it. You may need to be taking a smaller amount to feel as good as possible. One little boy put it beautifully when he said, “Taking my pill makes me feel like ME!!!” That means he feels like he is able to be the wonderful person he was created to be!

A doctor I know says that pills will not do the work for you...but they give you the chance to make a decision about HOW you want to spend your time. Instead of having a channel-surfing brain that is flipping from channel to channel on its own, it's like YOU are now in charge of the remote control for your OWN brain! At least, it sure feels that way to me!

*You can still have a channel-surfing brain, but YOU
are in charge of the remote control.
Nice feeling, isn't it?*

In addition to eating properly, getting enough rest and exercise and taking pills, there are some special programs that are supposed to be able to help you train your brain waves to concentrate. They have fancy names like "Cognitive Re-regulation" or biofeedback, Entrainment and Brain Gym. People are trying to do research on these to see how much they help people with A.D.D. Have you tried any of these? Did they help?

The reason that I am asking you all of these questions is because I learn a lot from other people with A.D.D. So if you find something that you feel really helps you, please ask your mom or dad to write or call me (1-403-244-1263). If you tell me what works for you, I can share this information and help others who have A.D.D. Don't you think that would be a good idea?

Part Three - Taking care of your SPIRIT...

Another part of being the best we can be...means taking care of our spirits. What is your “spirit”? How can you take care of it?

Your spirit is that part of you that never changes. The part of you that is connected to God⁶. Sometimes, it can be kind of hard for people to understand something they can't see... It can help to think of God's spirit as being a little like the “love” that you feel coming from your parents or



***Some people use the symbol of the “dove of peace”
to show the spirit of God.***

other people who care deeply about you. You can't see your parent's “love”, but you can feel it coming through their smiles and hugs and how well they take care of you.

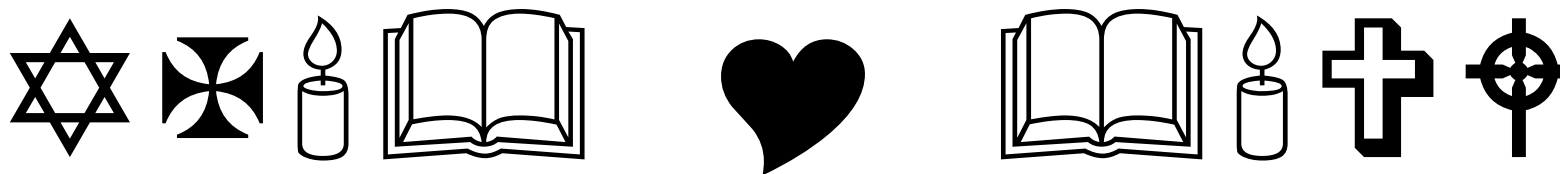
⁶ Parents, please feel free to adapt this section to your own belief system. “God” refers to the “God of your understanding”.

You can even FEEL your parents' love when they are away from you, can't you? It's like that with God's love. It's there all the time, even if we can't see or touch God.

For some people, God is an energy or spirit of LOVE. Some think of God as the "life force". We can see God's work in the beauty of nature. Other people think of God more like a mother or father or spirit that loves us and is always willing to guide us in making good choices...when we decide to ask for guidance.

All the world's great religions or spiritual traditions have God at their centre.

And no matter what spiritual tradition you choose as you grow up



God will be at the centre of it. 🕊

I also believe that God loves you EXACTLY as you are - no matter what you do or say. Can you believe that? God gave you talents which will help you to make a special contribution to the world. But you also have FREE CHOICE – the power to CHOOSE how you will behave every moment of your life and what you will do with your talents, abilities and challenges!

I believe that God feels happy when we make good choices and sad when we hurt ourselves or others.

I believe that NO MATTER WHAT choices we make, God LOVES us and is ALWAYS with us.




What do you believe?

*Different people have different ideas about who God is...
...and it's up to you to figure out what YOU believe.*

?

What do you believe about God?

?

 Write down or draw a picture of what you understand about God at this point in your life.



Each of us has a mind, a body and a spirit. Each one of these parts of ourselves can be healthy or not. We have already talked about ways that you can keep your mind and body healthy, but what about your spirit?

I believe that we can have a healthy spirit by getting to know God, by remembering how MUCH God loves us, by spending time with God, by asking for God's guidance in how to act by realizing that we are "special" in God's eyes and by trying to become the "best kind of person we can be".




You are as unique as a snowflake – because there is no-one else in the world like you. Even though you now belong to the Channel-Surfers' Club, you are still a UNIQUE person that God has created for a very special purpose here on Earth. Do you have any idea what your special purpose is?

You are as unique as a snowflake.



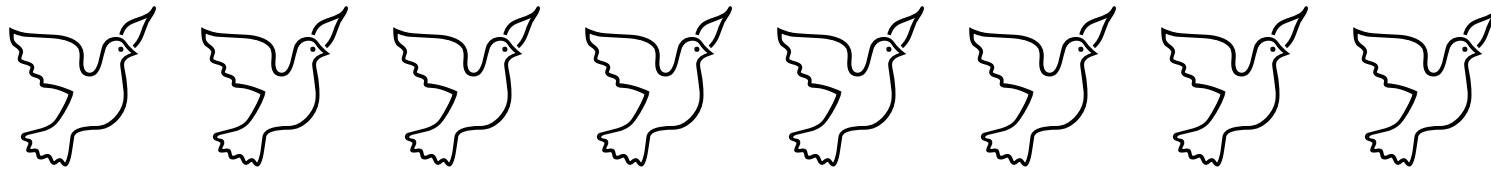
Some people realize very early in their life what they want to do or be when they grow up. For others, it takes a little longer.

 Write down or draw a picture of what you want to be when you grow up. How do you think that you might be able to use your special skills and talents?



Whatever it is you are meant to be, you will feel better about your life's journey if you can find ways of staying connected to God. Are you taking time to learn about God, to be with God, to pray and to listen to God's advice? When you ask God what to do in a situation, how does the answer come to you? Is it in ideas, words or just what feels like the right thing to do?

As you grow older, I hope that you will get to know God better and better. Having God on your side and trying to act in a loving way towards everyone will help you to have a happy and peaceful life.



So that's what I mean by taking care of your "spirit" – being in touch with God every moment of every day.

What ways have you found to feel close to God?

In summary...

This has been a little book ALL ABOUT YOU, how you are special, how to make the most of your talents and what it's like to be in "THE CHANNEL-SURFERS' CLUB".



The way we grow into the "very best we can be" is to:

- i) understand ourselves
- ii) think in positive ways
- iii) develop our talents
- iv) build up our skills
- v) take care of our mind, our body and our spirit

As you keep growing, you will keep on discovering more and more about yourself. You will learn what is easy for you, what is hard and how to solve your problems. If you ask for God's help, just listen for God's great advice. Pretty soon you'll be the very best you can be, all of the time!

😊 *Being successful takes a lot of effort, but it's worth it, don't you think?* 😊

About the Author

For the children...

Hi! Did you know that I am a member of the Channel-Surfers' Club and the author of this book? Let me tell you a little about my life. I wonder if there will be any similarities with yours?

When I was a little girl, I had trouble learning to read. They had been trying to teach me to read by memorizing what the words looked like, but my mother found out that I learned best by sounding them out! After that I learned to read that way, I got better marks. The next big stumbling block was in Grade Four, when I was learning to write. It was very hard for me. In Grade Seven, I told my mother that I thought I needed to learn to type. So, she sent me to a special course for secretaries that very summer! What a difference that made! When I type my work, it goes much faster and looks much better. Sometimes when there is a lot of noise and it is hard for me to think, I wear ear plugs to keep out the sounds! Even though I have had some "challenges", I have learned how to solve them. Each year in school my marks got better and I went as far as you can go in school. Now I am married and I have 3 grown-up children, a wonderful husband, lots of friends and a great job! Having A.D.D. helps me to think quickly and gives me lots of energy for doing things I enjoy (like writing books!). It also helps me to do things in new and different ways. It helps me to understand other ADDers, too!

All my life, I have been learning how to make the most of my talents and how to solve problems when I run into difficulty. I try to take care of:

- my Mind, by thinking good thoughts and continuing to learn,
- my Body, by getting enough rest, exercise, fresh air and by eating food which is good for me and
- my Spirit by praying to God, feeling close to my friend, Jesus and asking the Holy Spirit for advice every moment of my life.

It's been hard work, but it's been worth it. God has really helped me to "be the best I can be". I wish the very same for you!



The KEY TO SUCCESS is being the "best you can be as naturally as possible"!



For the parents...

Dr. Teeya Scholten is a Chartered Psychologist who has been working in the field of education and mental health for over 25 years. She has A.D.D. without hyperactivity and so does her youngest child. She runs a successful private practice in Calgary, Alberta, where she specializes in the areas of learning, attention and depression in adults, adolescents and children. She offers a variety of services, including individual counselling, group programs for teachers of children with A.D.D., and in-service training in the form of workshops and consultations to other professionals. She has published in the areas of consultation, assessment and program planning for individuals with learning and attentional difficulties. Dr. Scholten is committed to the empowerment of clients and professionals and believes in the importance of mind-body-spirit integration in order to maximize one's potential.



The “*Good News About A.D.D.*” Series⁷

by Dr. Teeya Scholten, C. Psych.

Plaza 14, Suite 217, 811-14th Street NW, Calgary, AB. T2N 2A4

Phone: (403) 230-2959

Fax: (403) 270-2650

These popular, self-help books have been written for parents, teachers and other professionals in an easy-to-read style. The author is a psychologist who has worked in the area of education and mental health for over 25 years. She uses a positive, empowering, wholistic approach with her clients and in the workshops she gives in the areas of attention, depression and learning.

For parents of children and adults with attentional difficulties

1. Attention Deluxe Dimension: A Wholistic Approach to A.D.D. (\$15.00*)

This book was written for parents and professionals for the purpose of providing a very brief overview of the positive and wholistic approach taken by Dr. Scholten. It has several checklists and questionnaires, outlines factors which can affect attention (such as areas of information processing affected by attention, personality type, learning discrepancies and food sensitivities) and offers a prudent approach to a medication trial, once clients have received a proper diagnosis of A.D.D. by a qualified professional. Dr. Scholten's positive approach involves dispelling a few myths about A.D.D. and referring to ADDers as having “channel-surfing minds”. These busy minds can result in a “deluxe” amount of attention which needs to be properly harnessed in order for the individual to “be the best they can be, as naturally as possible”. Interested readers are referred to The A.D.D. Guidebook for detailed instructions in how to apply Dr. Scholten's wholistic method to either adults or children.

⁷ For ordering instructions, see page 48

2. The A.D.D. Guidebook: A Comprehensive, Self-Directed Guide to Addressing Attentional Concerns in Adults and Children (\$35.00*)

Part One contains an overview of “Attention Deluxe Dimension” and ways to look at A.D.D. in a more positive way. Information is given as to causes of attentional difficulties, steps in the process of diagnosis and resources which can be accessed.

Part Two is called the Toolbox and contains most of the tools to explore the above areas. These tools are accompanied by detailed instructions.

Part Three contains a basic description of the steps in the use of *Riding the Wave*, a behavior management method developed specifically for parents of children with A.D.D. This book is written in such a way as to be appropriate for those who like a step-by-step approach as well as for others who prefer a more random approach and want to begin with the aspect that most interests them at the moment.

Part Four contains additional resources, such as the author’s story and an annotated bibliography.

3. Riding the Wave: A Handbook for Parenting the Child with A.D.D. (\$20.00*)

This book was written for parents to be able to learn and apply a powerful behavior management method designed to teach children self-control. Use of this method has been shown to result in increases in self-monitoring, self-esteem and motivation. It has been used by the author with her children and taught extensively to other families.

Although the basic steps of this method are also covered in The A.D.D. Guidebook, this handbook provides more a lot more information to guide those who are trying to learn the method. Along with real-life personal and composite stories, there are general guidelines for parenting and lots of practical examples. Although a family would only apply one rule to begin with and work up to around five rules, there are over 25 different problem behaviors listed, with a suggested rule and possible positive and negative consequences to help parents in generating their own guidelines.

The use of the *Riding the Wave* approach has been shown to help children learn to make positive choices. It does wonders for family life, too!

For children with A.D.D.

4. Welcome to the Channel-Surfers' Club! (For ADDers 8 – 12 years of age) (\$15.00*)

It is a small, up-beat book designed for those who have been diagnosed with A.D.D. It gives information relating to being healthy in mind-body-spirit and what it takes for an ADDer to be the “best they can be as naturally as possible”. It provides a summary of :

- the areas of information processing affected by their attention
- strategies they may wish to try to improve their attention
- their personality type and the implications for ways they learn best
- any learning discrepancies and what they need in the way of classroom or workplace accommodations in order to be as successful as possible.

There is also a section on information about medication, how it can help and what alternative options they may wish to try out at some point.

For teachers and other helping professionals...

5. Turning the Tides: Teaching the Student with A.D.D. (\$30.00*)

This book is organized into two parts. **Part One** outlines the approach taken by the author in her work with both adults and children with attentional concerns. In addition to promoting a more positive view of A.D.D., it gives teachers practical information about identifying and working with learning discrepancies, personality type and how to approach parents who are resistant to hearing about attentional difficulties in their children.

Part Two illustrates the *Riding the Wave* behavior management method as adapted to the school system. Examples of more than 25 different problem behaviors are given with appropriate rules and consequences from which teachers may wish to select a few to adapt to their own classroom environment.

The Appendix contains several questionnaires and an annotated bibliography of books, journals and videotapes which address the issue of A.D.D. in the school setting.

6. Ready-Set-Go: A Three-Step Problem-Solving Process for Improved Learning Performance (\$20.00*)

This book was written by Dr. Teeya Scholten and Donna Dunning. It uses a case study approach to illustrate a method which Dr. Scholten has developed and used extensively with teachers and clients over her almost 30 years of consultation and counselling practice. It shows how a scientific, positive problem-solving process can be used to address almost any type of problem in a cost-effective way. It can be used by teachers in schools as well as by any other type of helping professionals in a variety of settings as a method for clarifying and addressing concerns. A more simplified version can even be taught to children.

 **TO ORDER BOOKS** 

Send your cheque to Dr. Teeya Scholten, c/o Plaza 14, Suite 217, 811-14th Street NW, Calgary, Alberta, Canada T2N 2A4 or FAX purchase order to (403) 270-2650. Prices quoted are in Canadian funds. Add \$5.00 per book or 15% of total cost of books for Shipping and Handling. Allow 3 weeks for delivery.



This is to certify that



is a member in good standing of

The Channel-Surfers' Club!!!



All About YOU – Summary Sheet

| Area of Functioning | What have I learned about myself? | What can I do to help myself? |
|--|--|-------------------------------|
| Areas of Information Processing Affected by Attention | <input type="checkbox"/> Maintaining consistent alertness <input type="checkbox"/> Taking in information deeply enough <input type="checkbox"/> Too passive or active processing <input type="checkbox"/> Determining the importance of info <input type="checkbox"/> Filtering out distractions <input type="checkbox"/> Ability to satisfy oneself <input type="checkbox"/> Preview of outcomes <input type="checkbox"/> Behavioral control <input type="checkbox"/> Pacing of activities <input type="checkbox"/> Consistency of effort <input type="checkbox"/> Self-monitoring <input type="checkbox"/> Learning from experience | |
| Learning Discrepancies | <input type="checkbox"/> Visual-spatial LD <input type="checkbox"/> Language LD <input type="checkbox"/> Other | |
| Personality Type | _ _ _ _ | |
| Food Sensitivities | <input type="checkbox"/> milk <input type="checkbox"/> wheat <input type="checkbox"/> corn <input type="checkbox"/> sugar <input type="checkbox"/> others _____ | |
| Other Factors that make you SPECIAL | | |

Comments or further questions that I have:

Welcome to the Channel Surfers' Club!

Feedback Form

1. How did you find out about this book?
2. What did you like best about it?
3. What didn't you like about it?
4. Do you have any additional comments or suggestions?

THANKS FOR TAKING THE TIME TO PROVIDE FEEDBACK!



Dr. Teeya Scholten, C. Psych.
Plaza 14, Suite 217, 811-14th Street NW,
Calgary, AB. T2N 2A4
Phone: (403) 230-2959
Fax: (403) 270-2650
e-mail: teeya@shaw.ca

Welcome to the Channel-Surfers' Club! Order Form

Phone (403) 230-2959 or Fax your order to (403) 270-2650 or e-mail to: teeya@shaw.ca

Mail your payment to: Dr. Teeya Scholten, Plaza 14, Suite 217, 811-14th Street NW, Calgary, AB. T2N 2A4

| | Price per copy (\$15.00)* | Cost |
|-----------------------|--|-------------|
| Number of Copies ____ | \$15.00 x # of copies = | \$ ____ |
| Shipping and Handling | (Free if picked up) \$2.00 per book (if mailed in Canada)* Outside Canada add 15% of total cost of books (minimum \$5.00) | \$ ____ |
| | TOTAL COST = | \$ ____ |

*Note: Prices subject to change without notice.

YES! Please send me _____ copies of **Welcome to the Channel-Surfers' Club!**

Total amount enclosed: _____ Method of Payment: cheque money order other _____

Name: _____

Address: _____

Postal Code: _____ Phone:(H) _____ (W) _____

e-mail: _____

Here is a book for children that celebrates A.D.D.!!!

This book is written for children who have been diagnosed with AD/HD.
Dr. Scholten describes her positive view of "Attention Deluxe Dimension".
She encourages an understanding of the
"whole" child in terms of mind, body and spirit.



Have you ever wondered why there are so many people with A.D.D.?

Some people believe that this is natural selection taking place.
The ADDer's "channel-surfing mind" is what we
need for survival the 21st Century!

ISBN 0-9682549-5-0

