

**Finally... Improve the Life  
of Your Child with ADHD  
Without Medication  
or Expensive Treatments!**



Living  
Above  
ADHD

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## A Parent's Guide

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discipline  
laughter  
love  
advice  
patience  
joy  
struggle  
decisions  
fun  
responsibility  
parenting  
pain  
choices  
exhaustion

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## Side Effects

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*There are many different side effects from using medication on 4-5 year olds with ADD such as Sleeping Problems, Eating Problems, and Rebound Effect which is a huge problem in my opinion. In terms of sleep issues children are taking medication three times a day once in the morning, once at school, from the school nurse, and then after school. Sometime it's hard to keep up with taking medication on time in general but when dealing with children who have ADD this is an issue. Parents usually give the third dose a little too late, and this could hinder the children from going to sleep. In addition the medication interferes with a lot of children with ADD and it makes them not want to go to bed because they are too stimulated. Also the medication is not effective because when the medication wears off at night the ADHD interrupts the child ability to go to sleep.*



*On the other hand, ADD medication affects the children's appetite. For example if the child takes the medication at 7am in the morning it doesn't kick in about four hours later, which tends to be around lunchtime. This causes the children not to feel hungry. For young children who are growing, it is really an issue because they need to eat a proper meal to have energy to function throughout the day. Another concern is that the child needs to have a proper meal when taking medication. Ultimately it comes down to the child not eating until the medication wears off or wait until the medication wears off and eats and be effected by the ADD . Either way it's a problem because the child is affected weather not or not the medication is taking.*

Parents also began to notice something in their children that is called the rebound effect, which is basically after the medication wears off their children the symptoms of ADD has worsen as opposed to their children never taking the medication at all. The children can become very irritable and aggressive.

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## Alternatives

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*Parents you do have a choice in how to best treat their children ADHD issue or symptoms. There are many different ways to treat ADHD. Before making the choice of medication I recommend parents explore alternative choices. My campaign focuses on building tools for parents in the lower Bronx to help treat their children between the ages of 4-5 suffering from ADHD. My "[Living above ADHD Campaign](#)" uses different methods to treat the child ADHD disability. The program entails several methods such as :*

*Regular yoga routines such as meditation and relaxation techniques. This would help children relax and learn discipline.*

*Diet changes. By making changes in the children diets such as eliminating foods thought to increase hyperactivity, such as sugar, and common allergens such as wheat, milk and eggs.*

*"The Fish oil treatment" which is giving the children fish oil supplements rich in omega-3 essential fatty acids for a period of three months.*

*Behavior therapy. The goal of the therapy is to incrementally teach children new ways of behaving by rewarding desired behavior such as following directions.*