

*The Truth Behind ADHD*

# "Symptom Free" Ezine

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Dear Reader,

It's so great to be here with you again this month. It feels like it's been forever since our last newsletter, and what a month it has been. I am really excited about some of the upcoming information I have to share, as well as an announcement I can't wait to make.

The ADHD Parents Movie:

If you haven't seen [The ADHD Parents Movie](#) yet, I'd love for you to check it out and / or share it with others who you think might enjoy it. For those of you who haven't seen it, there is a new report available for download. It's called "The 7 Things No One Else Is Telling You About Your Child & ADHD."

## Quote Of The Month:

"Ogre's are like onions. Layers. Onions have layers. Ogre's have layers. You get it? We both have layers."

~Shrek, From Dreamworks "Shrek"

## This Month's Topic:

### Establishing A Baseline On Behavior

Much like the character Shrek, I think about children with ADHD and families

affected by ADHD as having many complex layers. In order to really understand what is going on, we need to "peel back the layers" and get at the core of who this child really is.

And the layers, I see the layers as everything else going on in this child's life or in his family's life.

You see, over the years I have worked as a therapist and clinician, I have seen many children diagnosed with ADHD. And out of all of them, I hardly ever see the ADHD. I rarely ever see these children struggling with ADHD. Sure, they struggle a lot and we talk about it. But, the biggest concerns they and their parent have, are generally anything but ADHD.

Take for example a young boy I just met. He has been diagnosed with ADHD for several years, and takes Ritalin during the school week. He apparently does not "need" it on the weekends. Hmm...

What struck me the most about this boy was the history he had witnessed and been a part of in just 11 years. The stories he and his maternal grandmother shared with me were enough to have me wondering what was really going on.

Does he have ADHD? I'm not convinced. Could he have ADHD? It's possible.

What I am trying to get at here is that in order to really understand this child and his behaviors, we need to first peel back the layers and try to understand everything that has made him who he is today. Think about a child who is diagnosed with ADHD, and despite being medicated, he is still distracted by so many other factors in his life.

Unfortunately, most of the children I see in therapy, and most of the parents I talk to as a parenting coach, feel that they are totally misunderstood and that many professionals overlook everything else going on in their lives or in life around them.

And that's the problem I have. While most professionals are trained to take a history, many overlook the strong impact that life has upon behavior and how children react to the world and the events around them.

The bottom line, it's not really fair or right to diagnose a child with ADHD until we can get a better understanding of their "baseline behavior."

Why? Simply put, children can appear to be distracted (over the long term) by so many different factors. And these factors can be a part of life that we simply take for granted because it seems "normal to us."

## Layers:

There are so many layers to understand just exactly what is going on with our children, and just what else might be "causing ADHD-like behavior." Here is just a list of the layers we need to address:

- Child development - there is no such thing as "normal."
- Diet - too much sugar can make a child more hyperactive.
- Trauma - children are affected by loss and major events much like we are.
- Family history - what has the child experienced?
- School - what is going on at school?
- Supports - what supports does the child have in his or her life?

What else is going on?

- Financial stress
- Living situation
- Community life (rural, urban, suburban)
  - One child lived on the outskirts of town and was socially isolated.

## Up Next:

Our content relies on your feedback and input. If you have a "burning" question that you would like to see us **highlight** in next month's newsletter (or subsequent issues), please do not hesitate to contact us.

I really encourage you to come over and interact and post comments on the blog. Let me know what questions you have, and how I can best serve you!

## About Us:

The Truth Behind ADHD exists to help you dispel myth from reality, so that you can spend more quality time with your child.

Be sure to follow up on the latest content at <http://www.thetruthbehindadhd.com>.

You are invited to, and encouraged to leave comments and let us know how we are doing, or how we can better serve you.

Until next time,

*Rory F. Stern, PsyD*

PS - If you believe this information will benefit others, you are more than welcome to forward this message on to anyone you know. Just be sure to remove the "unsubscribe" link below so you don't accidentally get left off.

PPS - To receive this newsletter directly, check out [The ADHD Parents Movie where you can sign up for a FREE report.](#)

## Disclaimers:

1. The information contained herein is for educational and informational purposes only.
2. Any and all medical decisions should always be made with the support and discussion of your trained medical professionals.
3. Please know that in this capacity, The Truth Behind ADHD cannot suggest or make recommendaiton about specific diagnoses.

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