

# I'M NOT NAUGHTY



Newsletter of the  
Society for the Promotion of  
ADHD Research and Knowledge

## An Event Not to be Missed



The ACE Awards are back. ACE stands for **Active, Creative, Energetic**—attributes of children with ADHD and their unique strengths too. This award, launched in 2012, is a collaboration between Spark, IMH's Child Guidance Clinic, and NUH's Department of Psychological Medicine. The awards aim to raise the profile of children and youths with ADHD by recognising their progress and achievements in spite of the condition. A special category—ACE Mentor—honours educators (teachers, school counsellors, allied educators) who work tirelessly in schools to nurture students with ADHD to help them realise their potential.

Nine winners of this year's awards will receive their certificates and prizes from the guest-of-honour at the opening ceremony of the 3rd Asian ADHD Congress to be held at the Singapore Expo on the morning of 26 May 2016. It is an event not to be missed!

I mentioned in the last newsletter that the second day of the congress on Friday, 27 May 2016 is the Caregivers Track where a special fee will be extended to encourage parents and caregivers to attend. The heavily discounted cost is \$80. Spark has decided to give a further subsidy of \$30 for our members (up to 50 pax) to encourage as many of you to attend. Registration is now open and will close by end April. Please register at the link available on Spark website. Do not miss this opportunity to learn from the experts in the region.

Bella Chin  
*President*

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# The Power of PACE



On 2 April 2016 Mr Glenn Lim, the architect and designer for Spark's signature family programme PACE (Parent And Children Empowerment), gave a talk at Spark meeting on what makes the PACE programme effective in helping families with ADHD children. He talked about the 5M Framework employed in this 12-week programme that makes it unique, empowering and family-changing.

## Holistic 5M Framework for PACE Programme

### Memories

Every component of the programme is designed to create meaningful, positive experiences.

### Methods

- Concurrent life-skills training for children/parents
- 3As/5Rs foundation
- 1-to-1 family consultations

### Mentoring

- Selected and trained youth mentors for the children
- Mentor ratio 1:3

### Modelling

Parents, mentors, staff are all part of the 'modelling' process of values expression, communication etc.

### Mission

- Empowerment approach
- Children's mission assignment
- Family Service Project

The PACE run this year will be from 25 June to 17 Sep 2016, run solely on Saturdays over a 3-month duration. The target age group of the children is Pr 4 – Sec 2. It is heavily subsidised at only \$400 per family for Spark members (both parents plus ADHD child) when it actually costs \$2000 per family to run. So if you have yet to experience this family-empowering programme, please sign up quickly as places are given out on a first-come, first-serve basis.

For the detailed programme brochure and registration form, please visit Spark's website at [www.spark.org.sg](http://www.spark.org.sg).

# The President's Report for 2015

## Parent Support Group (PSG) Meetings

The monthly Parent Support Group meetings held on the first Saturday morning of each month is the core activity of the society. Speakers are invited for these meetings to speak on topics that would be of use and interest to members. These meetings provide a forum for existing and new members to interact, share and learn coping strategies and management techniques for ADHD children. These were the talks for 2015:

- Jan 3 A Positive Psychology to ADHD**  
by Vincent Soo, Positive Psychology and Relationship Coach
- Feb 7 Clinical Practice Guidance for ADHD**  
by Dr Daniel Fung and Dr Ong Say How, Child Guidance Clinic, IMH
- Mar 7 Against All Odds: A Mother's Story**  
by Boon Touk Rei, Spark Member
- Apr 4 School-Based Support for Students with ADHD**  
by Dr Mariam Aljunied and Ho Soo Wee, Educational Psychologists, Psychological Services Branch, MOE
- May 2 Decrease ADHD by Playing More**  
by Glenn Lim, CEO, Glenn Lim Consultancy
- Jun 6 Understanding ADHD and Behaviour Management**  
by Goh Kui Hwa, Psychotherapist & Spark Exco member
- Jul 4 Raising an Emotionally Intelligent Child by Becoming a More Emotionally Intelligent Parent**  
by Ashokan Ramakrishnan, Founder, The Mindful Tree
- Aug 1 ADHD and National Service**  
by Dr Christopher Cheok, Vice Chairman, Medical Board, IMH
- Sep 5 Mindful Psychology: Benefits for Parents and Children**  
by Dr Gregor Lange, Senior Lecturer, Dept of Psychology, NUS
- Oct 3 ADHD At Work**  
by Annelaure Vuillermoz, ADHD Coach, Zesty Minds
- Nov 7 Understanding ADHD and Behaviour Management**  
by Bella Chin, President, Spark

## Talks in 2015

- Mar 17** UE Learning Centre – for Abacus teachers by Goh Kui Hwa
- Apr 17** Chen Su Lan Methodist Children's Home (30 staff including social workers) by Goh Kui Hwa
- Apr 28** Catechetical Office – for about 30 Catholic Sunday School teachers handling special needs children by Bella Chin
- May 6** Great Eastern Life – Lunch time talk for staff by Bella Chin
- Sep 26** Olive Tree invitation – parent forum by Bella Chin
- Oct 17** Paya Lebar Methodist Pr School – 40 parents by Goh Kui Hwa
- Nov 6** Bendemeer Primary School – 70 teachers by Goh Kui Hwa

## Programmes and Events in 2015

### PACE© (Parent And Children Empowerment) Programme

PACE is a psycho-educational and life-skills programme for ADHD children and their parents first launched in 2012. It is a collaboration between Spark and Glenn Lim Consultancy (a training provider specialising in youth services and workshops for parents, youths and young adults). This heavily subsidised 12-week programme was run once again for 10 families with ADHD children from 27 June to 19 Sep 2015. Funding for this run was raised through donations by private individuals and Spark parents attending the programme.

### Incredible Years Parenting Programme

The Incredible Years® parenting workshop is an evidence-based programme from the USA that is highly effective in reducing challenging behaviors in children and increasing their social and self-control skills. It is based on established social emotional learning principles that describe how behaviours are learned and how they can be changed. Conducted over 12 weeks and in small intimate groups of 10-12 parents, participants learn new parenting principles and skills through group discussions, role-playing and watching videos of other parents dealing with various challenges. Ashokan Ramakrishnan (Ash), a member of Spark, founder of The Mindful Tree, and a certified facilitator for this parenting programme, ran this workshop for a pioneer group of Spark parents from March – May 2015. Spark gave a subsidy of \$100 for each parent couple who attended the programme.

### ADHD Congress 2016

Bella Chin, President of Spark was invited to join the organising committee for the ADHD Congress 2016 headed by Dr Ong Say How, Chief of the Child Guidance Clinic, IMH. This regional congress will be held on 26 – 27 May 2016 at Singapore Expo. The first day targets mental health professionals, clinicians and educators. The second day will target parents, caregivers and educators, and a special discounted fee will be made available to encourage parents and caregivers to attend. Spark will administer the registration for its members.

### ACE Awards 2016

The ACE Awards, which was launched in 2012 and held a second time in 2013, will be back for a third run in the first half of 2016, to coincide with the ADHD Congress 2016. ACE (which stands for Active, Creative, Energetic) is an award that gives recognition to children and youths who excel in various ways despite having ADHD, as well as outstanding educators who support them in schools.

The nomination period will be from January – early March 2016, and winners will be selected by April 2016. The nine winners across the three categories (ACE Kid, ACE Teen and ACE Mentor) will receive the awards from the Guest-of-Honour at the opening ceremony of the ADHD Congress on the morning of 26 May 2016.

### PACE 2016

Another run of the PACE (Parent and Children Empowerment) programme is planned for June – September 2016. The age group of the children will be from P4 – Sec2, same as that for PACE 2015.

## Reserve Policy

There should be sufficient reserves to support the operating expenses of Spark over five years.

## Membership Update

Our records show we have 91 Life Members and 49 Ordinary Members as of end Dec 2015.



# ADHD and Addictions in Youth

Addictions affect about 5% of youth and ADHD is a risk factor. ADHD teens and youths, due to their restless and impulsive symptoms, have been found to be more predisposed to addictions than the norm. Spark invited Dr Christopher Cheok, Vice Chairman of IMH Medical Board and senior consultant psychiatrist at IMH, to talk about the common addictions in youth (computer gaming, drugs and alcohol), the brain basis of addictions and how ADHD influences addictive behavior. This is an extract of the key content covered in this talk given to Spark on 13 February 2016.

## What is an Addiction?

- Taking the substance in larger amounts or for longer than wanted
- Wanting to cut down or stop but cannot
- Spending a lot of time getting, using, or recovering from use
- Cravings
- School/work/family are impacted
- Using substances again even when it puts you in danger
- Continuing to use, even when you know you have a problem
- Needing more of the substance to get the effect you want (increased tolerance)
- Development of withdrawal symptoms

Addiction is a brain disease, not a moral disease. It has to do with the dopamine reward system in the brain. The brain learns the pleasure cues from substance use and when used frequently, stress triggers craving, causing the addict to seek out the addicted behaviour.

## Causes of Addiction

- Genetics and personality
  - 40% of personality is genetically determined
  - Low stress tolerance, pleasure seeking
  - Family history of addiction

- Early childhood experience
  - Insecure attachment
  - Abuse and neglect
  - Anxiety and frustration, turning to pleasurable stimulus
- Exposure and peer influence
  - Role of peers in teenage life
  - Pleasure-seeking, novelty seeking, boredom
  - Marijuana and Methamphetamine use in youth are usually done in social groups
- National Service
  - Most are drug-free during NS due to strict rules and surveillance
- Adult life
  - Important role of work, counselling, treatment and family support
  - Important role of healing of family bonds due to repeated betrayal

## What Works in Drug/Alcohol Addiction Treatment

- Counselling, work and family support
- Psychiatric treatment of anxiety and depression
- Naltrexone
- Cognitive Behavioral Therapy
- Narcotics/Alcohol Anonymous Recovery Groups
- Halfway house programmes



## Internet Addiction

Definition (DSM V) – 5 criteria must be fulfilled (not officially acknowledged)

1. The person has preoccupation or obsession with Internet games.
2. The person has withdrawal symptoms when not playing Internet games.
3. The person has a build-up of tolerance—more time needs to be spent playing the games.
4. The person has tried to stop or curb playing Internet games, but has failed to do so.
5. The person has had a loss of interest in other life activities, such as hobbies.
6. The person has had continued overuse of Internet games even with the knowledge of how much they impact a person's life.
7. The person lied to others about his or her Internet game usage.
8. The person uses Internet games to relieve anxiety or guilt—it's a way to escape.
9. The person has lost or put at risk an opportunity or relationship because of Internet games.

A survey of 2998 children from 12–19 years old showed:

- 82.6% reported playing video games each week
- 8.7% had pathological gaming (problematic gaming)
- Average child played 20.2 hours a week (the “norm”)
- Pathological gamers: 37.5 hours a week
- More boys than girls were pathological gamers
- Reasons for gaming excessively
  - Escape from problems
  - Stress relief
- Pathological gamers had poorer test scores

## Subtypes

- Computer gaming
- Texting and chatting
- Excessive surfing
- Pornography
- Internet gambling/playing gambling-like games

## Causes

- Similar to other addictions
- Starts as a leisure activity which is pleasurable
- Game design stimulates pleasure
- Brain chemical dopamine released when one is rewarded (e.g. feels pleasure)
- Eventually leads to low dopamine state which needs increasing stimuli
- Cue lead to craving

## Consequences

1. Mental health consequences
  - Irritability
  - Low mood
  - Anxiety
  - Suicide thinking
2. Social consequences
  - Poorer school results
  - Poorer relationships with peers and family

## Treatment

- Reduce use of technology
  - A period of abstinence
  - Goal setting of time allowed on internet
- Find alternative activity
- Rebuild relationships with peers and family
- Manage low mood, self-blame and anxiety
- Learn social skills
- Address any external stress factors e.g. bullying, family discord
- Medications
  - SSRI and bupropion for mood and anxiety
  - Methylphenidate if ADHD present

# THE SMART GUT: LINKS BETWEEN INTESTINAL MICROBES AND ADHD

By Dr Chia Boon Tat

## THE SECRET TO METABOLIC HEALTH LIES IN OUR GUT

Embedded in the wall of our gut, lies a complex nervous system comprising an estimated 500 million neurons. Sometimes called the “Second Brain”, this enteric nervous system (ENS) can work independently of and in conjunction with our brain. Although it is not capable of cognitive thoughts, it is capable of “thinking”, “remembering” and “learning”, and accounts for our emotional and mental health.

Information flows back and forth continuously between the brain and our gut via an information expressway called the gut-brain axis. An example of the gut-brain connection at work is the sinking feeling we get in the pit of our stomach during a stressful event. So is the “gut feeling” when meeting somebody for the first time or relying on “gut instinct” when faced with making a difficult decision.

The brain can control environmental conditions in the gut such as the rate at which food is being moved and the amount of mucus lining the gut. This has a major impact on our *gut microbiome* – the 100 trillion bacteria of several thousand species living in the gut. These microbes perform beneficial functions such as food digestion and making vitamins. They play a fundamental role in our immune system and constitute the first line of defence against pathogens. The gut microbiome can modify very rapidly when adjusting to change in diet or a stress-induced decrease in gut transit time. Through the gut-brain axis, the gut microbes inform the brain of the changes and eventually influence our mind: it shapes our perception of the world and alters our behaviour.

The communication between the brain and gut uses more than 30 neurotransmitters (brain chemicals), most of which are biochemically-identical to those found in the brain. The gut microbiome directly influences the levels of

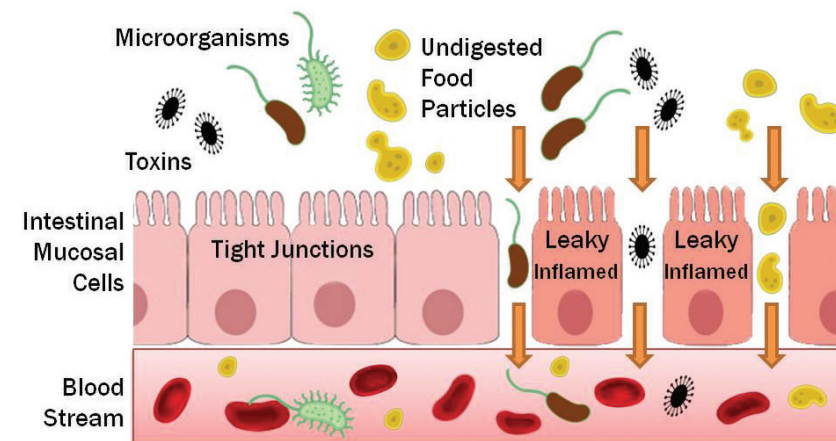
these neurotransmitters. For example, it is estimated that our gut produces 50 per cent of dopamine and over 90 per cent of the serotonin in the body. These neurotransmitters regulate our mood, and recent studies have linked their deficiency to the onset of neurological disorders including anxiety, depression, ADHD, ADD and autism spectrum disorder. Although these neurotransmitters do not enter the brain (the brain synthesises its own neurotransmitters), they do provide an indication of our emotional and mental health.

## DYSBIOSIS, INTESTINAL PERMEABILITY AND NEURODEVELOPMENTAL DISORDERS

In the modern day, our gut microbiota is subjected to constant assault from eating processed foods, taking drugs and antibiotics, living with stress and usage of disinfectants. This depletion of gut microbes, called *dysbiosis*, compromises the integrity of the gut lining, causing intestinal permeability (often called “leaky gut”) through which toxins, pathogens and undigested food particles may leak into the blood stream, triggering responses from the immune system which eventually cause chronic inflammation to occur throughout the body. The chronic inflammation may in turn lead to the development of diseases such as metabolic disorders (type 2 diabetes, obesity, hypercholesterolemia, malnutrition), neurodevelopmental disorders (anxiety, depression, ADHD, ADD, autism spectrum disorder, dementia) and autoimmune disorders (irritable bowel disorder, eczema, food sensitivities and other allergies).

Fortunately, disrupted gut microbiota can be re-balanced, and subsequently health be restored. Studies have shown that beneficial bacteria are able to restore and maintain the health of intestinal gut walls, thus repairing the “leaky gut” syndrome and reducing inflammation in the body.

## THE LEAKY GUT SYNDROME



### Response by immune system

- Breach of blood-brain barrier
- Food intolerances and allergies
- Autoimmunity and inflammation
- Malabsorption and nutrient deficiency

### Metabolic syndrome

Obesity, T2 diabetes, hypercholesterolemia, hypertension

### Neurological disorders

Depression, anxiety, ADD, ADHD, autism, dementia, epilepsy

### Autoimmune disorders

Irritable bowel syndrome, Crohn's, celiac, allergies, cancers

Studies have shown that people suffering from neurodevelopmental disorders lack certain types of microbes in their gut. In another landmark study on brain development, a team from Caltech found that when the guts of autistic mice are rebalanced with specific bacteria, their autistic behaviours are reversed. Numerous studies have also associated gut bacteria with influencing mood, behaviour and brain function.

## A DIET FRIENDLY TO GUT MICROBES CAN MAINTAIN GOOD MENTAL HEALTH

Eating foods which contribute to the well-being of our gut microbes is an essential factor for maintaining mental health.

It is important to include in our diet foods rich in prebiotic and probiotics. Prebiotics are plant fibres that cannot be digested by the human body. They nourish the good bacteria (bifidobacteria & Lactobacilli) already present in the colon. Examples of foods rich in prebiotics are garlic, onions, asparagus, bananas, cabbage, beans and legumes.

Probiotics are “good” bacteria that help keep your digestive system healthy by controlling growth of harmful bacteria. Probiotics can be found in fermented foods such as kimchi, tempeh, yoghurt and sauerkraut. For example, in fresh cabbage, vitamin C is bound in the cellulose structure and various other molecules, and our digestive system is just not able to cleave it off and absorb it. Lots of it goes undigested and come out right out of the body. So despite the fact that cabbage may be very rich in vitamin C, a lot of it will not be able to be absorbed. But if that cabbage is fermented to make sauerkraut, all the vitamin C becomes bioavailable. The amount of bioavailable vitamin C in sauerkraut is 20 times higher than in the same helping of fresh cabbage. Probiotics can also be taken as supplements. However, not all probiotic supplements are specific for ADHD, and care must be taken to choose those which can survive and thrive in the gut environment.



Dr Chia Boon Tat is a founding director of Interactive Micro Organisms Laboratories, a Singapore company specialising in microbial solutions for various industries including human health. Over the past 15 years, IMO Labs has been developing *phytosymbiotics* – formulations comprising of fermented plants – to address chronic conditions related to unhealthy glucose and cholesterol levels in the body. More recently, Dr Chia has been collaborating with Freshwerkz ([www.freshwerkz.com](http://www.freshwerkz.com)), a local health supplement company, to focus on the effects of fermented plants, prebiotics and probiotics on neurodevelopmental and neurodegenerative disorders. He can be contacted at [boontat.chia@freshwerkz.com](mailto:boontat.chia@freshwerkz.com).

# Thirteen Ways to Overcome Smartphone Addiction

by Daniel Wong



Smartphone addiction is becoming a big problem. Here are some signs of addiction:

- You frequently use your phone at mealtimes.
- You spend more time on your phone than interacting with others in person.
- You frequently use your phone while performing tasks that require focus, such as completing an assignment or driving.
- You feel uncomfortable when your phone isn't with you.
- You sometimes check your phone in the middle of the night.

Are you an addict, or do you know someone who is? No matter how mild or severe the addiction is, here are 13 ways to help you overcome it. If you implement the tips, I guarantee you'll break this potentially destructive habit.

## TURN OFF NOTIFICATIONS

Many people get distracted by the endless notifications they receive from social media apps. You don't need to know right away if someone "likes" your status update, follows you on Instagram, or sends you an email. The more often you check your phone, the more it becomes an ingrained habit. So turn off notifications, and you'll feel less compelled to use your phone. The only apps for which you don't turn off notifications might be time-sensitive ones like your text messaging app and calendar app.

## WHEN YOU FEEL THE URGE TO CHECK YOUR PHONE, CLOSE YOUR EYES AND TAKE A DEEP BREATH

You're reading a set of notes or writing a report. All of a sudden, you feel an overwhelming urge to take out your phone and check your Facebook news feed. You give in to the urge. Before you know it, 20 minutes have passed — when you only intended to take a 3-minute break. Sounds familiar?

Here's what I recommend: When you feel like you just *have* to check your phone, close your eyes and take a deep breath. Inhale for three seconds, and exhale for three seconds. The urge will usually disappear. If the urge is still there, take another deep breath. You should then have the willpower to return to your original task.

## DELETE ALL SOCIAL MEDIA APPS ON YOUR PHONE

This sounds like a drastic measure, but it isn't. You'll still be able to access social media sites through your phone's Internet browser. The mobile web experience isn't as seamless as the app experience, but it's good enough and the extra step of opening your Internet browser app and typing in the site's URL adds inconvenience to the process. This will deter you from mindlessly checking your social media updates.

I challenge you to go one step further. Delete every single game on your phone. You'll become a much more productive person as a result.

## DELETE ALL THE APPS YOU DON'T USE

This will help you remove the clutter from your phone, and reduce the time you spend "exploring" your apps.

## SET SPECIFIC BOUNDARIES FOR SMARTPHONE USAGE

Telling yourself that you should "use your phone less" isn't effective, because that phrase is too general. To limit your phone usage, set specific boundaries, e.g. no phone usage at mealtimes, in the restroom or at social events.

Start with an easy one, and add one a month. Over time, you'll see a huge difference in your phone usage patterns.

## MUTE YOUR GROUP CHATS

I've muted all my WhatsApp group chats except my family group chat. This way, I don't get bombarded by messages throughout the day. If

you're like most people, the messages you receive from your group chats aren't time-sensitive. So it's fine if you only read through the messages a few times a day.

## ARCHIVE YOUR INACTIVE CHATS

Smartphone users often scroll through dozens of chats before they find the one they're looking for. In the long run, this wastes a lot of time. What's the alternative? Take 10 minutes to go through them and archive the inactive ones. It will be 10 minutes well spent!

This will make it easier for you to find the chats you're looking for. It will also reduce the clutter in your phone, and as such, you'll spend less time processing your text messages, which will help you overcome your smartphone addiction.

## REPLY TO TEXT MESSAGES JUST THREE TIMES A DAY

Apart from urgent text messages from family and close friends, don't reply immediately. I know the temptation to reply right away is great, but you must resist it. It's more efficient to reply to text messages in batches, rather than one at a time.

This will save you time on the whole, and will prevent you from compulsively checking your phone for messages to reply to. This is in line with the bigger goal: removing your dependence on and addiction to your smartphone.

## NO PHONES DURING BED TIME

Turn off your phone before going to bed, and leave it to charge outside your bedroom. It can be tempting to use your phone in the middle of the night, but you won't if it takes too much effort to even get to your phone.

If you use your phone as an alarm clock, get an actual alarm clock instead.

## BEFORE YOU START WORK, PUT YOUR PHONE AT LEAST 10 FEET AWAY FROM YOU

Better still, put your phone outside the room where you plan to work. To eliminate temptation completely, turn your phone off — or at least to airplane mode. Erik Altmann, a professor of psychology at Michigan State University, found that an interruption of just 2.7 seconds doubles your error rate at work. So use this tip and you'll get your work done faster and better.

## USE APPS TO TRACK AND RESTRICT YOUR SMARTPHONE USAGE

These apps run in the background, so they won't distract you. Here are three handy apps:

- RescueTime (Android). This app helps you understand your phone usage patterns, so you'll know how to become more productive.
- Moment (iOS). With this app, you can track how much you use your iPhone and iPad. You can set daily usage limits and choose to receive notifications when you exceed those limits.
- AppDetox (Android). AppDetox allows you to set phone usage rules. For example, you can prevent yourself from opening your email app after 8pm every day, amongst other types of restrictions.

## WEAR A WATCH SO YOU DON'T NEED TO CHECK YOUR PHONE FOR THE TIME

You probably use your phone to tell the time. But I'm sure this has happened to you before. You glance at your phone to see what time it is. As you do this, you see a flood of Facebook notifications and text messages. You start going through them, and in the blink of an eye 15 minutes have gone by. What's one way to prevent this from happening? Wear a watch. It's that simple, really.

## TELL OTHERS ABOUT YOUR DECISION AND ENLIST THEIR HELP

If you tell others about your decision to break your smartphone addiction and ask for their help, you're more likely to succeed. Here are a few ways you can do that:

- Inform your friends and family about your decision, and ask them to check in with you once a week.
- Before you get down to work, give your phone to a trusted friend or family member.
- Tell your friend that every time you don't stick to your plan, you'll give him/her \$10.
- Find a friend who's also addicted to his/her smartphone, and persuade him/her to join you in breaking the habit.

## THE BOTTOM LINE

Smartphones are meant to help us lead better and more productive lives. But when we succumb to smartphone addiction, we become slaves to our phone. This affects our relationships, work and life. By applying these 13 tips, we'll have more time and energy to build meaningful relationships, serve others, and make a contribution to our community.

All because our eyes aren't continually glued to a small, glowing LCD screen. So let's get to work eliminating our over-reliance on our phones. The world is counting on us.

This article can be found on [www.Daniel-Wong.com](http://www.Daniel-Wong.com).

## Parent Support Group Meetings: May to July 2016

### **A Layperson's Approach to Managing Students with ADHD**

7 May | Speaker: Paola Nicodemus, Milchel International Student Hostel

We do not need to be experts to be able to manage our kids with ADHD. With a clear goal of what we want them to achieve and a loving, determined heart that hopes nothing but the best for our children, we can all do something to help our kids with ADHD achieve their fullest potential. Paola, who is completing her Master's in Distance Education from the Philippines Open University, has been working in Milchel for the past eight years. Together with her colleagues, she developed the hostel's individualised counselling programme where students with academic and character difficulties are given one-to-one guidance and counselling aimed at helping them achieve their academic and personal goals. In this talk, she will share her experiences in dealing with learners with ADHD throughout the years.

### **Understanding ADHD and Behaviour Management**

4 June | Speaker: Goh Kui Hwa, Psychotherapist and Spark Exco Member

This is our popular twice-yearly talk on understanding ADHD and behaviour management for parents, teachers and allied educators, especially those new to ADHD. Topics covered include facts about ADHD, how to support a child with ADHD at home and in school and basic behaviour management strategies. Registration is required. Please email [Spark\\_Singapore@yahoo.com](mailto:Spark_Singapore@yahoo.com) to register.

### **Applying AV Brainwave Entertainment Technology for Attention and Learning**

2 July | Speaker: Daniel Lim

Brain waves affect how we feel, think and act. Those with disorders like depression, anxiety or ADHD often have lower brain frequencies, likely due to an under-developed and under aroused frontal lobe. In this session, you will learn about a non-invasive and easy-to-use technology known as "audio-visual entertainment (AVE) system", a non-medical intervention to correct the low brain wave states associated with these disorders, which can directly influence your attention and learning capacity. You will also get a chance to experience the power of AVE system yourself. Daniel has been promoting non-drug and non-invasive home-based treatment technologies for various health conditions in Singapore. He is the founder of a company specialising in distributing high-tech health and wellness products from Europe and North America. He also works closely with health practitioners and learning institutions in Singapore to promote the adoption of such technologies.

**All meetings are held at Child Guidance Clinic, Room 1, Level 3, Health Promotion Board, 3 Second Hospital Avenue (Outram Park MRT station). All meetings start at 9 AM and end around 12.30 PM.**