



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

[www. Spark.org.sg](http://www.spark.org.sg)

It is a Life-Long Journey !



Parent Self-Care

An ADHD Child needs a Resilient Parent !

- ❖ **Take time off** to relax
- ❖ **Stay healthy** : Sleep and eat well
- ❖ Do some activities that you like each week
- ❖ Cultivate **Patience**
- ❖ **Persevere** - keep cool, be patient, try new approaches. ***Don't Give Up!***
- ❖ **Join a Support Group** and share / learn with other parents

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- SPARK is an independent, voluntary welfare organisation set up in year 2000 which promotes ADHD awareness and provides parent support
- It is a registered charity with NCSS. It is run entirely by parent volunteers, and has no hired personnel.

The Objectives of SPARK :

- a) To create public awareness of Attention Deficit Hyperactivity Disorder (ADHD).
- b) To help parents and families with ADHD children cope better with the condition
- c) To promote understanding and research on ADHD.

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Our Activities :

1. Run a monthly parent support group meeting for parents with ADHD children and interested parties
2. Publish a regular Newsletter to create awareness
3. Participate in and support research for ADHD
4. Collaborate with other organizations as and when invited to promote the cause
5. Organize learning activities and programs for families with ADHD children and parenting workshops for parents

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Parent Support Group Meetings

- Held on the **first Saturday** of every month (except Dec), from 9am -12noon at The Child Guidance Clinic (3rd floor, Health Promotion Board)
- There is a speaker for each meeting speaking on various topics (treatment methods, parenting and coping strategies).
- Parents share, learn and receive moral support
- Email: SPARK_Singapore@yahoogroups.com
- Website: www.spark.org.sg

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Mailing Support Group for ADHD in Singapore :
ADHD_Singapore@yahoogroups.com

To join this mailing support group on ADHD related issues, send an empty email to :

ADHD_Singapore-subscribe@yahoogroups.com

Reframing the ADHD Child to unleash Potential

Reframing negative terms used on the child into positive ones will help the child realise his potential :

Instead of thinking of him as...

- ❖ **Hyperactive**
- ❖ **Impulsive**
- ❖ **Distractible**
- ❖ **Daydreamer**
- ❖ **Inattentive**
- ❖ **Unpredictable**
- ❖ **Argumentative**
- ❖ **Stubborn**
- ❖ **Irritable**
- ❖ **Aggressive**
- ❖ **A.D.D.**

Think of him as

energetic
spontaneous
creative
imaginative
wide focus
flexible
independent
committed
sensitive
assertive
unique

So What's *RIGHT* with ADHD ?

