

Books to help parents help distractible students

- For practical strategies and tools to help the distractible student block out distractions, read *Heads Up Helping: Teaching Tips and Techniques for Working with ADD, ADHD, and Other Children with Challenges* by Melinda Boring.
- To help your children become more aware of their distractibility and learn strategies to improve attentiveness, read *Is Your Child Hyperactive? Inattentive? Impulsive? Distractible?* by Stephen & Marianne Garber, & Robyn Spizman.
- Carol Barnier: *How to Get Your Child Off the Refrigerator and onto Learning*.
- To understand how fidgets work and why, read Roland Rotz and Sarah Wright. *Fidget to Focus: Outwit Your Boredom: Sensory Strategies for Living with ADD*.
- *Smart but Scattered* by Richard Guare, PhD, and Peg Dawson, EdD.
- *Smart but Scattered Teens*, by Richard Guare, Peg Dawson, and Colin Guare.
- Subscribe to Kathy's blog at LearnDifferently.com for book reviews and tips.

Tools

- Different fidgets (things to handle to improve attention) help different people. Train your child and teen to notice what helps them focus, and what distracts. Try an artist's eraser (kneaded eraser), a Koosh ball, Tangle Jr., or a squeeze ball.
- Seating: try a cushion disk from : www.headsupnow.com, an exercise ball (some have feet to prevent rolling) or build a T-stool, see page 62 of *The Out-of-Sync Child Has Fun* by Carol Kranowitz.
- Tools to help with focus, sensory integration, & organization, exercise balls with feet, cushions (seating discs), fidgets, tinted plastic reading strips to help focus the eye, and much more: www.headsupnow.com, owned by homeschoolers.
- More tools at the "special education & needs" branch of SchoolSpecialty.com , at funandfunction.com/, and www.therapyshoppe.com/
- SmartPen records audio & links it to notes written on special paper, can be uploaded, replayed, and searched, Livescribe.com Great for college, other classes.
- Students can keep documents in Google Drive (formerly Google Docs), DropBox, or Apple's iCloud, which makes them harder to lose.
- Earplugs, music via headphones, or noise-suppressing headphones can help.

Time management

- Vibralite watches and some Timexs have a silent, vibrating alarms.
- Timex also makes *Ironman watches*, which lets you set 3 timers w/ day & time.
- Timetimer.com/ makes a visual 60-minute timer, great for those who have trouble noticing passage of time. Various sizes, some with optional beep sound.
- Kathy's blogs on time management for distractible kids at LearnDifferently.com
- Students should try different calendars and organizers to see what works best.

Other resources

- Marydee Sklar's website, ExecutiveFunctioningSuccess.com
- Marydee's and other great webinars <http://www.additudemag.com/webinars/>
- For parents of distractible kids, Carol Barnier's newsletter: sizzlebop.com/
- Melinda Boring's website www.headsupnow.com/ has a good blog.
- ADDitude Magazine sends email tips for parents of distractible kids and for distractible adults. www.additudemag.com/
- ADHD Experts webinars and podcasts are free and cover many topics.
- If your teen has attention deficit disorder, consider *Teens with ADD and ADHD* and *Teaching Teens with ADD and ADHD. A Bird's Eye View of Life with ADD and ADHD: Advice from Young Survivors* and the DVD, *Real Life ADHD*, both by Chris Dendy and her son Alex Zeigler. (Many students interviewed in these books report appropriate medication helps them with ADHD, among many other tips.)

For distractible parents

- Carol Barnier's *If I'm Diapering a Watermelon, Where'd I Leave the Baby? Help for the Highly Distractible Mom*. 2004.
- *ADD-Friendly Ways to Organize Your Life*, by organization expert Judith Kolberg and ADD expert Kathleen Nadeau, who has ADD. www.amazon.com/ADD-Friendly-Ways-Organize-Your-Life/dp/1583913580
- See *ADDitude Magazine*, above.

Driving while distracted

- *The Wall Street Journal* reported that teens who listen to their favorite music while driving have more traffic violations: online.wsj.com/news/articles/SB10001424127887324747104579022870446338190
- Teens with peer passengers in the car are more likely to be distracted: www.consumerreports.org/cro/news/2012/01/study-teens-driving-their-friends-increase-distraction/index.htm
- Driving alone poses a different risk: the temptation to use electronics: www.cnn.com/2013/04/15/travel/teens-distracted-driving/
- For parents, government suggestions for safer teen driving, www.safercar.gov/parents/teendriving.htm
- Concerned about your teen using a phone or texting while driving? Grab your hanky, preview Werner Herzog's *From One Second to the Next*, and decide if it's too much for your teen. www.youtube.com/watch?v=BqFkRwdFZ0 There are many less intense including <https://www.youtube.com/watch?v=HbjSWDwJILs>
- Take the pledge never to text and drive: <http://www.itcanwait.com/>
- Be a good example. Hang up and drive.