

Helpful Observations

From Your Child's Classroom Teacher

Student's Name: _____ Grade: _____

Teacher's Name: _____ Subject: _____

As a Professional Educator, and your child's teacher, I very much want to see your child be successful at school, at home, with friends, and into his future. Like you, I want your child to reach his or her full potential, and I count it a privilege to be your child's teacher at this stage in his or her life.

I work with, and observe, many students in my classroom each day. Here are some of my observations regarding your child that I thought to be important enough to bring to your attention.

<i>I observe that your child:</i>	<i>Sometimes</i>	<i>Often</i>	<i>Very Often</i>
Struggles to complete his/her assigned tasks	_____	_____	_____
Doesn't seem to listen or pay attention	_____	_____	_____
Has a hard time concentrating on difficult tasks	_____	_____	_____
Is easily distracted	_____	_____	_____
Is impulsive, or acts without thinking first	_____	_____	_____
Can't seem to organize schoolwork	_____	_____	_____
Interrupts or blurts out answers in class	_____	_____	_____
Is very restless and has difficulty staying seated	_____	_____	_____
Is always "on the go"	_____	_____	_____
Gets mad easily, or is easily frustrated	_____	_____	_____
Gets angry when told to do something	_____	_____	_____
Has trouble with reading or spelling tasks	_____	_____	_____
Has trouble with verbal directions	_____	_____	_____
Has poor handwriting	_____	_____	_____
Seems afraid of many things, or worries a lot	_____	_____	_____
Has trouble shifting from one task to the next	_____	_____	_____

As your child's teacher, I want to make you aware of these observations so that we can begin to help your child to be more successful in the classroom setting. It is not my intention to alarm you, or to discourage you. Let's work together to make this a great year for your child!

On the reverse side of this form are some suggestions for you to consider that might help your child to be more successful here at school.

There are a number of reasons why your child might be having the problems reported on the front page. Take a minute to consider some of the following items, and see if some adjustments could be made at home that might help your child to be more successful at school.

Yes No Is my child getting enough sleep?

Many children and teenagers require from eight (8) to ten (10) hours of sleep every night, but few children get that much sleep. See if there are some changes that you could make in your daily routine to allow your child more hours of sleep.

Yes No Is my child drinking enough water?

Here is another easy remedy that can make a big difference. You, and your child, need to drink about six (6) to eight (8) glasses of water every day. Sodas, teas, and coffees don't count toward this requirement. If your child drinks less than this amount of water he or she could become dehydrated. Since our brains are made up of over 75% water, a lack of water can cause us to be distracted, lose focus, and perform poorly at school, in sports, and around the house.

Yes No Is my child eating right?

Most children eat a low protein, high carbohydrate diet beginning at breakfast and continuing throughout the day. However, when it comes to helping your brain work at its very best, your child needs to be eating a higher (60%) protein, lower (40%) carbohydrate diet. This means no more breakfast cereal in the morning, and no more Pop Tarts either. Especially avoid foods that are high in carbohydrates and high in sugar content. Sugars paired with carbohydrates can make your child "hyper" and less focused at school. For more ideas to improve eating habits for greater success at school, visit our eating program web page at www.newideas.net/adddiet.htm.

Yes No Is my child feeling well?

Sometimes when children have these kinds of problems in a classroom it is because they are simply not feeling well, or they might be taking certain medications for allergies, or other medical conditions. Sometimes these behaviors are the result of certain conditions that make it hard for your child to pay attention to difficult tasks such as schoolwork or chores. Attention problems can be explained to you in greater detail by your physician, and you can read about them at home by visiting our website at www.ADD101.com.

Yes No Is there more that I can do to help my child with his schoolwork?

Life can be busy, and often parents can get distracted and forget to oversee their children as they do their schoolwork. Involved parents can be the biggest reason for a child's success in school. Let your child know that his education is important by being his mentor, coach, and cheerleader! Encourage your child to want to learn, and succeed.

There are a number of free resources on the internet with valuable information for parents and teachers. We would encourage you to visit these web sites at your earliest convenience:

www.NewIdeas.Net

Over 200,000 parents visit this site each year. Therapist and author Douglas Cowan, Psy.D., discusses how to diagnose and improve various attention problems. The site also offers a free newsletter for parents.

www.ADDinSchool.com

Hundreds of classroom interventions, tips, and tricks, to help children and teenagers succeed in the classroom setting.

www.ADD101.com

A great place for parents to begin learning about ADHD, what it is, how to properly diagnose it, treatment strategies with or without medications, and much more.