

ANFHT QUARTERLY

Feeling Healthy Together



A Message from our Executive Director

When you think of the Fall Season, what comes to mind? Back to school? Football? Thanksgiving? Leaves changing colour?

For us at the Aurora-Newmarket Family Health Team Fall means ramping up our prevention programs (PAP, FIT, Mammos), ensuring our patients get their vaccines, and introducing everyone to our health and wellness programs that will be run throughout the fall and winter months.

Remember as the days get shorter and darker, it is so important that you get your Flu Shot this year, get your snow tires on early, exercise and eat healthy as the Fall turns into yet another season of snow and cold temperatures.

On behalf of the Aurora-Newmarket Family Health Team I wish you a very happy Thanksgiving and a spooky Halloween; and most importantly remember to always be kind!

Mary-Jane Rodgers

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Helping Children with ADHD Succeed

Mallory Rotman
Occupational Therapist

The ultimate goal for a parent is to see their child succeed. When children are dealing with a diagnosis of ADHD, facilitating their successful engagement in daily activities can feel overwhelming. Children with ADHD have deficits in executive functioning which may impact their ability to think and plan ahead, organize, control impulses and complete tasks. BOTH medication and behavioural strategies are important to facilitate learning and success!

Common strategies for success:

1. Use positive reinforcement!

- Build up your child's confidence by pointing out the things they did well, instead of focusing always on what they did wrong.
- Use discipline instead of punishment. Correct and show your child what action was wrong. Discuss why it was wrong at a later time

2. Be clear, consistent and honest.

- Set consistent rules, guidelines and rewards to guide behaviours
- Minimize ambiguous directions — For example "Clean your room" — can cause stress and confusion. "Where do I start?" "What does clean look like". Break things down into clear steps and directions to help your child understand the desired outcome.

3. Get organized!

- Children with ADHD are visual learners. Remember-what is out of sight is out of mind.
- Use visual schedules and checklists to lay out the steps for each task. Use a color-coded family whiteboard to lay out schedules for homework and extra-curriculars.

4. Use signals and cues

- A STOP sign or Traffic Signal on the student's desk can help to address behaviour and needs without shame or embarrassment in the classroom. For example, the teacher can subtly point to the STOP sign when unwanted behaviour is happening, without singling out the student in front of the class

5. Have a homework plan

- DO NOT only rely on the online school schedule and system. MAKE IT REAL! Write down a plan and prioritize tasks on paper with your child.

6. Use practical learning techniques

- Have a "sample sheet" or reference nearby when doing math problems
- Use yellow index cards with black ink as this color combination is the most easily processed for memory in the ADHD brain

7. Develop healthy Coping Skills

- Identify triggers for unwanted behaviours and their cause
- Develop calming strategies such as deep breathing
- REMAIN CALM during outburst and validate their feelings. Discuss the behaviour at a later time (NOT during meltdown)

For further information and supports please make an appointment with our Occupational Therapist



National Day for Truth and Reconciliation



Rachel Cheung

Registered Social Worker

September 30th is the annual National Day for Truth and Reconciliation (aka Orange Shirt Day)! This day holds importance for the education and reflection of Canada's relationship with Indigenous peoples and its role in the residential school system. This day also highlights the ongoing traumatic impact our history had on Indigenous children and their families, and their efforts of resistance, activism and healing.

History

For at least 150 years, Indigenous children across Canada were forcibly removed from their families and placed into Church-led residential schools by government workers. Unfortunately many of these children did not return home or see their families again.

Survivors of the residential school system reported experiences of abuse and neglect by teachers, nuns and pastors at these schools. The abuse intensified when children engaged with their own culture. Many didn't survive the abuse, while others experience a range of trauma-related challenges such as distrust, suicidality, difficulty participating in daily life (e.g., work, maintaining housing), and unwanted memories.

The Truth and Reconciliation Commission of Canada (TRC) named the residential school system as an intended act of cultural genocide in how it was designed "to destroy Aboriginal cultures and languages and to assimilate Aboriginal peoples so that they no longer existed as distinct peoples."

94 calls of actions to advance the reconciliation were identified by the TRC after years of resistance by the Indigenous peoples. An official investigation began in 2021 into the missing Indigenous children who attended residential schools. As of June 2022, at least 2000 unmarked gravesites are assumed to exist at these schools while more than 1000 of children's remains were found.

What can we do and how can we prevent further harm?

Learn more about this history and the 94 calls to action to advance reconciliation:

<https://education.afn.ca/afntoolkit/learning-module/residential-schools/>

Reflect on:

- How are we benefiting from and contributing to the further harm of Indigenous peoples and their wellbeing today?
- What were we taught about Canada's history with Indigenous peoples?
- Whose narratives were controlled, hidden, distorted or amplified?
- How has our assumptions impact our relations with Indigenous peoples?
- Do we respond with respect and empathy or defensiveness to the experiences voiced by survivors and their communities?

Listen to their needs, join or donate to their efforts! Some Indigenous-led organizations that promotes healing are listed here: <https://linktr.ee/anfhtorangeshirtday>

UPCOMING PROGRAM SPOTLIGHT- AGING IN PLACE

Wednesday, October 5

2:00-3:00 p.m.

ZOOM

Group discussion with our Occupational Therapist includes:

- Preventative Health
- Home Modifications & Equipment
- Home Supports & Community Resources
- Financial Supports & Programs

If you are interested in attending this group session, please email inquiries@auroranewmarketfht.ca or call 905-898-2240.



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