

If your child has ADHD you may be able to manage their behaviour with a change in their diet.



My child has ADHD

An elimination diet

As many as 1 in 4 children are on medication to treat Attention Deficit Hyperactivity Disorder or ADHD.

How do I know if my child has ADHD?

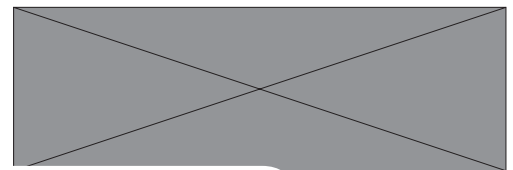
- Tends to fidget or squirm
- Gets up during class when not supposed to
- Runs about or climbs in inappropriate situations
- Has difficulty playing quietly
- Often interrupts others
- Finds it hard to wait for a turn
- Often 'on the go' or acts as if 'driven by a motor'
- Talks excessively

- Blurts out answers before questions have been finished

For a diagnosis of ADHD, a child must have had symptoms for at least 6 months, and these must have started before the age of 7. The symptoms must be causing noticeable problems in at least 2 settings (such as home and school) — this ensures the child is not having issues just with a particular teacher.

As part of the diagnostic process, you will generally be asked to fill in questionnaires and specific rating scales concerning your child's behaviour

Using an elimination diet can help to identify if your child will benefit from a chemical free diet.



Food Sensitivity in Children, What to expect?

If your child has a food intolerance often the biggest change is the change in mood - being less irritable, touchy, cranky. An important point is that change in mood was also found by other researchers around the world. You may find the child is "easier to live with" on their diet. Other symptoms that can change include - difficult to reason with, impulsive, poor concentration, demanding and argumentative, restless, difficult to control, tantrums and sleep problems.

Food sensitivity can affect not just the brain but can also affect any of the body's systems. This is important as families or individuals with ADHD children who who have other food sensitivities. Some of the symptoms include:

Central Nervous System, CNS

- Attention Deficit Hyperactivity Disorder ADHD, Attention Deficit Disorder ADD; irritability, mood changes, tantrums, poor self-esteem, aggression, developmental delays, hypoactivity;
- headache, migraine, problems settling to sleep or sleep, night terrors, nausea, car sickness;

Gastrointestinal - swelling around mouth and throat, mouth ulcers, gagging, itchy throat, retasting food, tummy aches, vomiting, looseness or diarrhoea, Irritable Bowel Syndrome, lower gut cramping, halitosis (bad breath), constipation;

Genitourinary - frequency, scalding, mucous, bed-wetting, strong smelling urine;

Respiratory - ear aches, hay fever, rhinitis, post nasal drip, constantly clearing throat, wheezing, asthma;

Skin - eczema, psoriasis, urticaria, dermatitis, strong body odour;

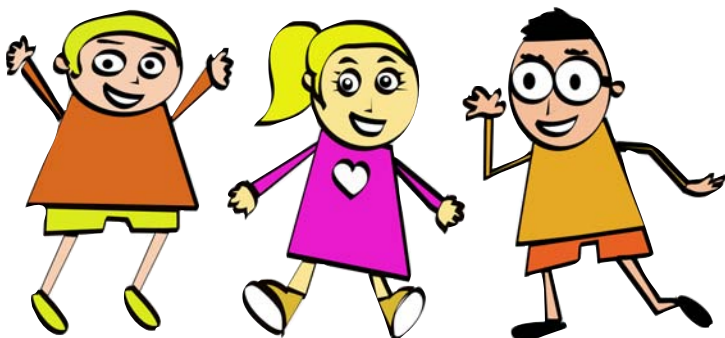
Systemic - limb pains, feeling faint, anaphylactic shock.

It is important to know that a food sensitivity is not related to the quality of the diet. Your child may be eating a healthy diet, but the natural chemicals in food may be affecting their behaviour. It is important to identify the specific chemical in order to exclude it from your child's diet.

As part of your child's management plan make an appointment for a consultation with a Nutritionist that specialises in children's nutrition. The Initial Consultation is \$70 and you may be eligible for a medicare rebate of \$47.85*.

Phone 6552 7500

*Only available as part of an EPC care plan from your doctor for people with chronic or complex disease such as a disability, diabetes or other determined by your doctor.



Elimination Diet

Recent studies have indicated that children with behavioural problems can be triggered by colourings and flavourings in food.

An elimination diet is required to scientifically determine if your child will benefit from an elimination diet and should be conducted by a nutritionist.

Diets are not recommended for children as this can cause problems with their growth and development.

While the principles of the Healthy Eating Pyramid are appropriate most children, it is important to understand that an elimination diet may mean the exclusion of some healthy foods. This may require the use of some Vitamin Supplements to ensure nutritional adequacy for your child.