

A NEW DAY PEDIATRIC PSYCHOLOGY

HEALING THE HURT. EDUCATING THE MIND. INSPIRING THE SOUL.



A New Day Pediatric Psychology, PLLC falls under the vision of Dr. Ann-Louise T. Lockhart, Pediatric Psychologist and Board Certified in Child and Adolescent Psychology.

A New Day specializes in evidence-based behavioral health treatment, interventions, and psychological evaluations for children, adolescents, and adults with known or suspected behavioral health and/or medical conditions affecting all aspects of development and functioning.

Change Your Thoughts, Change Your Life

*EXCERPT FROM EBOOK, YOU ARE NOT ALONE
BY DR. ANN-LOUISE LOCKHART*

The child's label or diagnosis is not the most important thing. Your relationship with the child is the most important. Look at the child underneath all the symptoms, behaviors, and moods. Focus on the child first. The relationship next. The diagnosis last.

Why are your thoughts so important when discussing parenting a child with ADHD? It is likely because these children often challenge and test your parenting skills and your thoughts about whether or not you are a good parent. I hear it all the time. Parents bring in their child to learn how to behave better, to stop getting into trouble, and to do things the first time they're asked. However, what often yields the best results is working with the parents separately from the child, so that the parents can understand exactly what ADHD is, how the brain is involved, and adapting their perspective and behaviors in response to their child.

If you believe your child was placed on this earth to destroy your home, take away your freedom, ravage your looks, and make you miserable, then you will likely interact with your child in a negative way most of the time (unless that child does something that is positive).

Your mood will start to be shaped solely by their behavior. If they wake up in a bad mood, now you're in a bad mood. If they do something willingly and joyfully the first time, now, all of a sudden, you are completely and madly in love with them. Then, they roll their eyes after you ask about homework, and now you're screaming like a banshee and they think you're "mean Mom" or "yelling Dad" all over again. It's a vicious cycle that creates a very unpleasant home life. You probably already know this anyway, as this may be why you are reading this.

So, it starts with changing your mindset about your child. Yes, the one you gave birth to, the one who you adopted, the one who you decided to raise, or the one who you were unexpectedly expected to care for. This might be a biological child, an adopted child, a grandchild, or a foster child. The bottom line is that children don't really want to be bad. They don't enjoy getting in trouble. They don't look forward to having a terrible relationship with you. For any number of reasons, their responses to your yelling, discipline, shouting, and consequences trigger various responses. Some of these responses are ones you have trained and shaped. Others come from other individuals in their lives, and now you have inherited the bad habits. Either way, remember that the brain is malleable and can be reshaped. It can be pruned and educated. With appropriate and healthy exposure to new lessons, habits, and parental interactions, their behaviors, your interactions, and your thoughts can all be changed.

Since the Christmas and holiday break is upon us, your kids will be spending a lot of time at home. Here are some things to make the time away from school or being locked in due to the cold a little less like a scene from "The Shining". Go away Johnny!

Ways to Connect With Your Child: Parent-Child Activities

Walking	Take a road trip	Do household chores
Hiking	Eat at a new restaurant	Do yard work
Going to the playground	Cook a meal	Read
Jump rope	Color/draw/paint	Write a book
Riding a bike	Window shop	Walk the dog
Going to the park	Buy a new outfit	Get your nails done/go to a salon
Board games	Visit an orphanage	Tell stories
Go to a concert	Feed the homeless	Re-decorate
Visit a friend	Visit a home for the elderly	Watch a movie
Write a letter		Sing and dance
Go to a museum	Go to the animal shelter	Play with toys
Visit a new place	Learn a new skill	Play dress up
Sightseeing	Try a new hobby	Bake
Charades	Play hide-and-seek	

**Does every day with
your child feel like a
struggle?
YOU are NOT ALONE.**



With this eBook, you'll learn to:

- * End the daily struggle
- * Establish a close and meaningful relationship with your child
- * Guide your child to a positive and successful future
- * Spend quality time with your child
- * Gain the quality of life you both deserve

and a lot more.

Visit www.anewdaysa.com to download your eBook now.

This newsletter is issued every first and third week of each month.

The purpose of this newsletter is to educate, inspire, and bring healing and awareness by discussing a variety of behavioral health and medical conditions.


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