

## **Coping With A Hyperactive Boy Scout At Summer Camp**

The following monograph was created by Pam Glidden from the Quad District Training Committee in Seattle, Washington.

### Why do you need to know about Attention Deficit Hyperactivity Disorder?

Attention Deficit with or without Hyperactivity Disorder (AD/HD) must be diagnosed by a licensed physician. It is important to familiarize yourself with both symptoms and coping skills however; to avoid being caught unaware at camp, leading several Scouts with this disorder.

### Some Signs of Hyperactivity

1. Tapping fingers or toes
2. Bouncing a leg or in a chair
3. Rocking in his seat
4. Restlessness or inability to sit still
5. Excessive talking – tells you every thought that crosses his mind
6. Super fast speech – like an auctioneer

### Signs of Attention Deficit Disorder (AD/HD)

There must be a combination of many varied symptoms that can include:

1. Appears moody
2. Impulsive in thought/actions/and speech
3. Easily distracted
4. Forgetful, loses items
5. Sometimes appears to have an attitude
6. Hyperfocus, unaware of outside activities
7. Challenges with sequencing
8. Low frustration threshold
9. Procrastinates
10. Low self-esteem
11. Appears disorganized/careless
12. Social interaction challenges

### Positive Points

There is a positive side to having such a Scout. The positive points include: creativity, artistic ability, perceptive, resourceful, innovative, determined, energetic, hardworking, warmhearted, trusting, forgiving, sensitive to others, willing to take risks, flexible, good humored, and loyal. These traits can sometimes be to their own detriment!

## Medication

Remember medication is not a cure!

It can however help with focus, concentration, impulsivity, hyperactivity, and temper. It is important that medication be taken at the correct times. Medication can sometimes cause the Scout problems falling asleep. Ask if he is on a medication vacation. This is NOT the best time for such an adjustment!

## Coping Skills

1. Structured schedules really help
2. Give the Scout a laminated copy of the schedule
3. Give a 5 minute warning before class changes
4. Post laminated posters listing multi-step tasks
5. Rotate activities so Scouts don't get bored
6. It is important for the Scout to get plenty of rest
7. These Scouts need lots of praise and encouragement
8. A turkey sandwich and glass of milk could help induce sleep
9. Quiet time instead of rousing activities just before bedtime is a good idea.

## The Scout's Responsibilities

1. He should take his medication without any hassle.
2. He should feel able to state his needs without fear of ridicule.
3. He should expect to have the best time of his life.

## Valuable Resources

1. The Scout's Parents
2. The Scout's Doctor
3. The Camp Director
4. National CHADD website <http://www.chadd.org>
5. Learning Disabilities Association, 1 (800)536-2343