



# Spectrum Podcasts

Dr. Jane Bluestein  
Instructional Support Services, Inc.

## **The Inclusive Teacher: Success with your ADD and ADHD Students**

**Guest:** Margit Crane, M.A., M.S., M.Ed.

**Recorded:** October 12, 2012

**Background and Bio:** Author, Trainer, and AD/HD Family Coach, Margit Crane is passionately devoted to making growing up much easier for ADD/ADHD kids and the stressed-out parents who love them! A former teacher and school counselor, Margit is also the author of the Mom's Choice Award® winner, *How to Train Your Parents in 6½ Days* for tweens, teens, and parents, and she has been featured in *Seattle's Child* and *Parent Map* magazines, and on *Chat With Women Radio* and KOMO News Radio. Margit Crane is the owner of two businesses that celebrate the distracted family: "Gifted With ADD" and the just-launched "Good-Enough Parenting™"

**Program Description:** Teachers encounter a wide range of student needs, experiences, abilities, personalities, and behaviors. Dr. Jane Bluestein talks with Margit Crane about ways to accommodate such diversity, assuring teachers that doing the work needed up front will create less work— in terms of dealing with misbehavior and failure— down the line. Margit offers specific ideas for parents and teachers to help children deal with special needs, especially an ADD or ADHD diagnosis. Topics include creating "emotional interest," establishing boundaries (with and for students), choices, homework accommodations, classroom management, evaluation, meeting kids where they are, giving directions in a way that makes sense to the student, making teaching fun.

### **Additional Resources:**

**Gifted with ADD.** Margit Crane's Web site, available at <http://margitcrane.com>. Margit's other site is Good-Enough Parenting, at <http://good-enoughparenting.com>

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***Gifted with ADD: Insider Strategies to Increase Your Child's Success and Happiness.*** CD program with audio files, slide show, and a 20-page booklet detailing how to set up a behavior plan for your children, by Margit Crane. Available for purchase at <http://margitcrane.com/resources/books-cds/gifted-with-add-adhd/>

**"Do We Ever Live up to Our Potential? When?"** Article by Margit Crane available at <http://margitcrane.com/2011/09/do-we-ever-live-up-to-our-potential-when/>

**"The Animal School,"** by George Reavis. Available at <http://janebluestein.com/2012/the-animal-school/>

**"Conditions with ADHD 'Look-Alike' Symptoms,"** by Dr. Jane Bluestein, at <http://janebluestein.com/2012/conditions-with-adhd-look-alike-symptoms/> (Also available in French.)

**"I'm Hyperactive, You're Hyperactive,"** book excerpt by Dr. Jane Bluestein from *Creating Emotionally Safe Schools*, at <http://janebluestein.com/2012/im-hyperactive-youre-hyperactive/>

**"Why Do One in Ten Kids in the US have ADHD?"** by Dr. Mercola, <http://articles.mercola.com/sites/articles/archive/2010/11/27/why-do-one-in-ten-kids-in-the-us-have-adhd.aspx>

**"The Link Between Celiac Disease and ADHD,"** by Dr. Mercola, <http://articles.mercola.com/sites/articles/archive/2011/11/02/gluten-contribute-to-adhd.aspx>

**"ADHD: Childlike Behavior or Serious Condition?"** by Dr. Mercola, <http://articles.mercola.com/sites/articles/archive/2009/07/09/ADHD-Childlike-Behavior-or-Serious-Condition.aspx>

**"The 'Ideal' Student,"** by Dr. Jane Bluestein, at <http://janebluestein.com/2012/the-ideal-student/> (Also available in French.)

**"Increasing Success for All Students,"** by Dr. Jane Bluestein, <http://janebluestein.com/2012/increasing-success-for-all-students/> (Also available in French.)

**"Working with Different Sensory/Modality Strengths and Limitations,"** by Dr. Jane Bluestein, <http://janebluestein.com/2012/working-with-different-modality-strengths-and-limitations/> (Also available in French.)

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**“Ways to Reach More Students,”** by Dr. Jane Bluestein, <http://janebluestein.com/2012/ways-to-reach-more-students/>

***The Myth of the ADD Child***, by Thomas Armstrong, Ph.D. A controversial approach to the subject (from when ADD was more commonly used), Armstrong does offer some low-invasive approaches to offering success for individuals displaying ADD/ADHD symptoms.

***Smart Moves: Why Learning is Not all in Your Head***, by Carla Hannaford, Ph.D. A wonderful introduction to the neurology behind the need for movement in learning, with specific activities and exercises to help kids maintain appropriate alertness for a task.

***Take Five!: Staying Alert at Home and School***, by Mary Sue Williams and Sherry Shellenberger. Low-budget, easy-to-use activities to use at home or school to help keep kids alert, organized around five ways to change how alert we feel.

**“Teaching Children with ADHD.”** Ten-part article on the *EducationWorld* Web site, beginning at [http://www.educationworld.com/a\\_curr/doe/adhd\\_page1.shtml](http://www.educationworld.com/a_curr/doe/adhd_page1.shtml)

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