



# Parents Warned: Don't Use Ritalin

11:20am UK, Wednesday September 24, 2008

## Hyperactive children should no longer be given Ritalin, new health guidelines say.



Ritalin should no longer be given to hyperactive children.

The drug should not be prescribed to children under five and used for older children only when they have severe ADHD or as a last resort, the guidance says.

Instead, parents should be taught psychological techniques for changing the behaviour of unruly youngsters diagnosed with attention deficit hyperactivity disorder.

The guidelines were issued by the National Institute for health and Clinical Excellence (Nice) and the National Collaborating Centre for Mental Health.

The directive says parent training and education programmes should be offered as a first-line treatment for ADHD, both for pre-school and school-age children.

The programmes show parents how to create a structured home environment, encourage attentiveness and concentration, and better manage misbehaviour.

Research has shown they can be highly effective, helping children do better at school and lead more normal lives.

Teachers should also be involved in the management of school age children, says the guidance.

### Luncheon Debate

[Should hyperactive children be treated with Ritalin or therapy?](#)

[Join our online debate at 12.30pm.](#)



Common side effects associated with Ritalin include nervousness, insomnia and weight loss, and the drug may also cause an erratic or fast heartbeat, nausea, dizziness and headaches.

Children with the disorder are always on the move, running, climbing or jumping, as if driven by a motor that cannot be switched off.

They tend to push into queues, blurt out answers to incomplete questions, butt into conversations, and act without thinking, which makes them accident prone.

At school they are easily distracted, forgetful, unfocused, and disorganised. They may also find it hard to keep friends and suffer from bullying.

Up to 3% of school-age children and young people are affected by the disorder in the UK, and it has recently been recognised that around 2% of adults also suffer from the problem.

Previously they were often wrongly labelled as having a personality disorder or some other psychological condition.

The causes of ADHD are unclear but thought to include both genetic and environmental influences.

Diet may be involved and a link with fizzy drinks has been suggested.

Problems in the womb or birth trauma could also cause damage in the brain leading to ADHD.

## COMMENTS TO THE STORY

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Part 5:I would also finally like to mention that none of my siblings have been in prison (including myself). Based on the two points both are equally effective (Ritalin & Phsycology) but there is no need to create an article banning ritalin without looking at the bigger picture and making stupid assumptions. All of you parents out there with kids who have ADHD (or any other illness) WELL DONE!!! I couldn't really ask for better parents than I have doing what they do. They have provided all of their children with a better future and are still doing it! so from ADHD>University (and no criminal record) how dare you even suggest that ADHD is "bad parenting" or a "hoax" (for the individual who mentioned it). I rest my case :)

*Posted By :Samuel Bradley* [Report This](#)

Part 4:Ruth is my mum and she has 20 years experience in this area so it isn't down to bad parenting: she has mentioned 2 different methods, she mentioned my method and my younger siblings and both work so don't ban ritalin regardless.All these negative comments are due to intimidation. I use ADHD to my advantage I can last a lot longer that a lot of people because I channel my energy into University and the hope of working for the Internet people one day. I am also a lot more intelligent than most people which is why I am heading for a PhD in CCIE (Cisco Certified Internetwork Expert). So for being in jail and "never" seeing the doors of University I think I've done extremely well and intimidated the intimidator!

*Posted By :Samuel Bradley* [Report This](#)

Part 3:I am the first of Talbot House to go to university so I see the point about using phsycology (I didn't need ritalin). However banning ritalin is wrong. My younger sibling who is 11 also has ADHD, she has been bullied and felt intimidated and also finds it hard to make

friends. She does take ritalin because it helps her concentrate in the class, they used physical activities when i was at Talbot House but new legislation means that mainstream schools can accept ADHD (depending on severity). Ritalin helps her concentrate and allows her to be as successful as I am. My parents tried everything with her also including applying her to the same school as me (didn't happen). So how point is this bad parenting? based on part 2? So look at part 2 and 3 to compare the results, it isn't bad parenting at all and beleive me using ritalin isn't a way out it slows the signalling down and helps some to cencentrate. I didn't need it but some kids do (like my younger sibling).

*Posted By :Samuel Bradley* [Report This](#)

I'm a mother of 5 children. Two of my children have ADHD. My oldest son had to go to a 'special' school for kids with behaviour problems and had the kids doing lots of extra activities that mainstream schools can't afford, to get rid of energy, skiing, rock climbing etc, but get rid of energy! This allowed him to concentrate on academic classes and he left with 9 gcse's then went onto college and got 4 A levels and is now at University. Adhd is a disability for children but can be an advantage as an adult. Every child has a right to a good education. My daughter was not allowed to attend the same school as my son, she was falling VERY behind at school, struggling with relationships with peers, bullied, intimidated, rejected and depressed. We agreed to try ritalin ONLY on small dose and ONLY for school so its wore off when she comes home. She caught up and is happy. WE can cope with her ADHD, SCHOOL could not. She is VERY Hard work but worth it:)

*Posted By :Ruth* [Report This](#)

Part 2:I didn't went to a private school called furrowfield where I was told by the principal that I was "stupid" and would be in prison by the age of 15 because he thought he knew me better than my parents. I nearly succeeded in committing suicide over this matter and the school still didn't care. My parents fought with the local authorities to get me out otherwise they were prepared to take it further. My parents suceeded and I was placed into another school who saw my potential and used that to help me. They did not feel imtimidated like Furrowfield did. Thats the problem. The new school was called Talbot House. Anways I left school with 9 A\*-C GCSES and continued to college and received 3 A-levels (2 diplomas) in which I had the equivalent of 4 Alevels on leaving. I am now in the University of Sunderland studying a first class BSc (hons) Degree. How is that bad parenting?

*Posted By :Samuel Bradley* [Report This](#)

PART 1:For all of you individuals who say "it's down to bad parenting" or ADD/ADHD is a hoax you have no idea. Whoever is the article of this also has no idea. I have ADHD and I am proud to be able to turn that around. Lets start with the "bad parental bridge": I'll give you 5 children aging between 4-21 and see if you can cope with 2 normal and 3 with various problems and diseases. Parents with children with problems don't get a handbook that tells them how to be a "good parent" and that is the same with parents who have normal children. I beleive experience is everything in this world my parents have had 20 years experience with different problems. lets look at this argument fairly, a perfect example. I myself have ADHD (I'm 19) my younger sibling who is 11 also has it. CONTINUED.....

*Posted By :Samuel Bradley* [Report This](#)

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