

Frustrated with Traditional Testing for her Son with Behavioral Problems, Mom goes with Other Options

B.1 Positive Behavior

First, he was just a spoiled child and then he was hyperactive. Whatever the truth was, Peg was frustrated with a traditional education system that labeled her child, Tim. To make it even more frustrating, they couldn't even agree on the label.

Since preschool Tim had had trouble interacting with the other children. He could become combative and uncooperative at times and was often concerned that others didn't like him. So, his mom took him for testing.

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According to one source, Tim was just overindulged, suffering from "only child syndrome," said Peg. When the next test showed he had attention deficit disorder (ADD), he was prescribed Ritalin. Tim's behavior was "fine through first grade," said Peg, and then he developed a facial tick -- due to Ritalin.

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In the middle of second grade, Tim went to a new school, and the problems making friends and getting along in class were exacerbated by being the "new kid in town." His Ritalin was increased to the maximum allowed, said Peg.

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But Tim developed more symptoms of side effects to the drug, including lack of appetite and confidence, weepiness, and inability to sleep. By the time Tim was in the fourth grade, Peg said, "I knew in my heart that Ritalin was not the answer."

She took Tim off the drug and asked his teachers to watch for signs of old behavior patterns. His grades were bad on the first report card following the decision to stop the drug therapy and he still had trouble making friends. He seemed to have poor memory skills and was falling behind in math and reading, subjects he had done well in before.

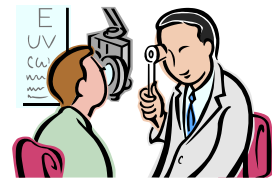


That's when Peg went looking for different answers. She had an appointment for Tim for yet another test but canceled the appointment when the principal of Tim's school told her about Options Center for Health and Education in Peoria Heights. The principal told Peg that Tim needed more than tutoring; he needed the other services provided by Options, such as Brain Gym[®] and nutritional counseling.

Options Director, Helen Cox, determined right away that Tim was not ADD and never had been. Looking back, Peg agrees.

"Tim is Tim," said Peg. "He's resistant at first -- strong-willed. He knows what he wants and how it should be."

Helen found that Tim had a tracking problem with his eyes. Having been told that before, Peg thought the problem had been solved through exercises

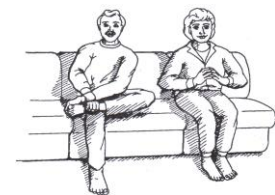


recommended by the eye doctor when Tim was in kindergarten. Tim also had problems with a non-dominant foot and ear, which meant more imbalances to overcome. Looking back, Peg said she could make sense of what Options discovered in Tim. He had always had ear infections, and he didn't feel safe when moving, particularly on a ramp. The insecurity in movement led to an overall insecurity.

Brain Gym[®], a series of exercises which help balance the parts of the body and the brain, solved those problems in about 16 weeks, she said. While Tim had times of uncooperativeness and a few setbacks during the time he was in classes, Peg has seen a tremendous overall change in him.

At one time "it was a battleground to get him to do anything that he needs to do," said Peg. "It's gone."

Two exercises Tim was taught were Positive Points and Hook-ups which, when used together, help a student focus as well as facilitate positive thoughts and behavior. After Tim learned these and other Brain Gym[®] exercises,



he was able to do them on his own when he felt he needed to calm down or think more clearly.

Peg is grateful she found Options and credits Helen for helping her solve the problems rather than just pin another label on Tim. Helen doesn't simply say, "something's wrong," said Peg, but rather, "This is how it is and this is how we can deal with it."

To parents of children with similar difficulties, Peg simply says, "Just go (to Options), I don't know, it's hard to explain."

If she had it to do over again, Peg said, "I would look here first. I wish I'd known about this place when he was in kindergarten."

***If you would like to communicate with Options,
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